

Birthing Wishes

Anticipated place of delivery: Bethesda Regional Health Centre Portage Regional Health Centre
 Boundary Trails Health Centre Home Birth

Name: _____ Preferred Language: _____
 Due Date: _____ Primary Care Provider: _____
 Support Persons (Limit of 2 recommended): _____ & _____
 Completed form on client's behalf: N/A Support Person Staff member

Please Note: Not everything is available at every facility.

Southern Health-Santé Sud regional centres are teaching facilities, learners may be involved in care. Discuss with your team.

Atmosphere

- Quiet dim lights
- Wear my own clothes
- Minimal interruptions
- Other: _____

Pain Management

- Bath|Shower
- Breathing techniques
- Massage
- Aromatherapy (Home Birth only)
- Hypnobirthing (Self-initiated)
- Movement
- Other: _____

Pain Medication

- Please do not offer
- Entonox (Laughing Gas)
- Morphine (Intravenous, intramuscular, subcutaneous)
- Fentanyl (Intravenous)
- Epidural
- Sterile water injections
- Other _____

Plan for Discharge

- I would like to discuss with my PCP early discharge from hospital (Prior to 24 hours postpartum)
- I would like to stay in hospital for the recommended 24 hours postpartum for vaginal delivery or 48 hours for a C-Section

Vaginal Delivery

- Be coached to push
- Use a mirror
- Feel baby's head as it crowns

After Delivery

Holding Baby

- Skin -to-skin right away Wipe baby first

Umbilical Cord

- Clamping: When pulsation ceases After ___ mins
- Cut by: Partner Staff

Sex of Baby announced by:

- Partner Staff Find out myself

Delivery of Placenta:

- Managed with oxytocin injection (recommended practice)
- Alternative plan: _____
- I plan to keep my placenta

I plan to feed my baby by:

- Breast|Chest Expressed Breast Milk Formula

Medication for Baby

- I accept that my baby receives the Vitamin K injection to prevent bleeding (Recommended practice)
- I decline the Vitamin K injection, but will accept the oral Vitamin K to prevent bleeding
- I accept that my baby receives erythromycin eye ointment to prevent infection

Cultural or Spiritual Needs:

Additional Wishes:

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