

# The Birthplace

## Birth Plan Worksheet

*Welcome to The Birthplace  
at Franklin Medical Center*



Seunghyun, En-Chung, and baby Nathan  
Min-Seok Kim of Amherst, MA.

**Thank you for choosing The Birthplace.** We hope that you and your family have a positive experience here. Our doctors, midwives and nurses are committed to providing you with quality and compassionate care.

The following birth plan has two functions. First, it provides you with information about how we care for our patients. Second, it gives you an opportunity to make some personal choices for your birth experience.

Obviously, no birth can be truly "planned." Birth scenarios continually surprise even those of us who have worked in the profession for many years. However, knowing your preferences will help us to provide you with individualized care.

Each topic has a section titled "about us." You can make your personal selections from "my choices." Feel free to check as many boxes as you like, and add your own ideas as needed.

When you have completed your birth plan, please bring it to your next office visit to share with your doctor or midwife.

### *Write You Are Here*

#### About Us:

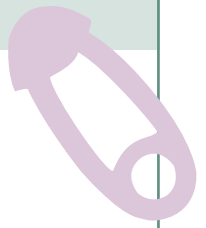
- All of our seven birthing rooms (rooms 304-310) are equipped with TV, air conditioning, CD player, private half-bath, rocking chair and sleeper chair for your support person.
- Rooms 307, 309, 310 have full baths, with Jacuzzi-style tubs.
- Rooms 306 and 307 have queen-sized beds.
- We have one immersion tub, for both laboring and delivering in the water (room 308).
- A birthing ball is available.
- Our unit has a small kitchen with a refrigerator, toaster and microwave. Self-service for juice, soda, toast, crackers and other light snacks is available.
- You may store your own food in the patient refrigerator; your nurse will assist you in labeling it properly.
- We have room service meal plans and a special celebration meal.

#### My Choices:

- I would like a waterbirth in room 308 (medical restrictions apply — please discuss this with your doctor or midwife).
- I would like a room with a Jacuzzi-style tub.
- I would like to bring my own music.
- I would like low lighting during labor and delivery.
- I would like my support person to film/photograph in the delivery room.
- I would like to wear my own clothes during labor and delivery.
- Other:

Patient's Name: \_\_\_\_\_

## Early Labor



### About Us:

- When you arrive, an evaluation will typically include 20-30 minutes of monitoring (external) and a vaginal exam.
- We will then check the baby's heart rate at least once an hour (this can be done while you are out of bed).
- We encourage walking and changing positions in early labor.
- We welcome your support person(s); we do have a family lounge as well.
- Juice, popsicles and other clear liquids are available in early labor.
- We do not perform routine enemas, shaves, or IV therapy.

Comments: \_\_\_\_\_

---

---

---

---

---

---

---

---

### My Choices:

- I would like the option of returning home if I am not in active labor.
- I want a limited number of vaginal exams.
- As long as the baby and I are fine, I do not want my labor sped up.
- Please do not offer me pain medication.
- I would like to use medication to be as pain-free as possible.
- I would like to use the following techniques in early labor:  
(Please circle)
  - Massage
  - Breathing techniques
  - Hot/cold therapy
  - Bath/shower
  - Birthing ball
  - Medication
  - Other:

## Active Labor and Delivery

### About Us:

- We will check the baby's heart rate at least every 15 minutes (this can be done while you are up). Your vital signs will also be assessed.
- A labor nurse will be with you one-on-one; she can assist you with techniques to manage your labor.
- We welcome your support person(s).
- We encourage position changes.
- We do not perform routine episiotomies.
- We help with a variety of positions in which you can deliver your baby.
- Epidurals are available in active labor. We offer patient-controlled epidural analgesia so that you can manage your pain control.

Comments: \_\_\_\_\_

---

---

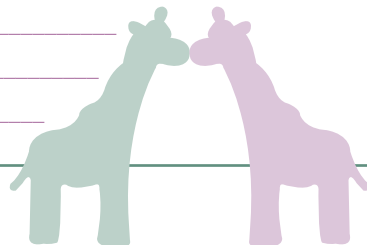
---

---

---

### My Choices:

- I would like to avoid an episiotomy.
- I would like an epidural.
- I would like to view the birth with a mirror.
- I would like to touch the baby's head as it comes out.
- I would like to try to push instinctively, rather than to be told when or how.
- I would like some guidance with pushing.
- As long as the baby and I are fine, I'd like to be free of time limits on pushing.
- I would like to try the following positions for delivery:  
(Please circle)
  - Semi-reclining
  - Side lying
  - Squatting
  - Hands and knees
  - Whatever feels right at the time
  - Other:



## Cesarean Section

### About Us:

- Your provider will keep you well-informed should a C-section become necessary.
- To prepare for surgery, three simple procedures are performed by your nurse:
  1. Starting an IV
  2. Inserting a catheter to empty your bladder during surgery
  3. Shaving the top portion of your pubic hair
- Spinal anesthesia is typically used, allowing you to remain awake but pain-free.
- Once the spinal anesthesia is placed, your support person (only one, please) is welcome in the operating room. If general anesthesia is used (usually only in emergencies), your support person will wait outside the OR.
- A pediatrician is present for C-sections; he or she will examine your baby immediately following delivery.

While you are in recovery (at least one hour), your baby is assessed there. We encourage families to stay together as much as possible. If your baby is stable, s/he will stay in the OR, and Recovery Room with you.

### My Choices:

- I would like the catheter to be inserted after anesthesia has been administered.
- I would like the screen lowered so I can see my baby being born.
- We would like to video/photograph in the operating room, if it's ok with anesthesiologist.
- As soon as the initial exam is done, I would like my baby to be brought as close to me as possible.
- I would like to breastfeed in the recovery room.
- Other:

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## After the Birth

### About Us:

- If the baby is fine, s/he will be placed on your chest immediately following delivery.
- The midwife/doctor will wait until the umbilical cord stops pulsing before it is cut, unless the baby needs immediate assistance.
- Your nurse will monitor and assess your baby immediately following birth. Most often this can be done with the baby in your arms.
- Within the first 2 hours after delivery, a thorough baby assessment will be done, including:
  1. Length
  2. Weight
  3. Footprints
  4. ID bands
  5. Injection of vitamin K (this helps the baby's blood clot)
  6. Eye ointment (to prevent infection from the birth canal)

This will be done in your room if the baby is stable.

- You may move to another room after delivery, if space permits. Rooms 306 and 307 have queen-size beds.

### My Choices:

- My support person would like to cut the cord.
- I would like the baby assessment postponed the full 2 hours.
- I would like the assessment done in the room.
- If my baby needs to go to the nursery, I would like my support person to go with him/her.
- I want to breastfeed as soon as possible after the birth.
- I'd like to move to a room with a queen-sized bed.
- Other:

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Baby Care

### About Us:

- You can keep your baby in your room at all times provided a parent is present. After a C-section, another person must always be with you and the baby (until you are able to get up and down on your own).
- Your baby can be watched in the nursery if needed or desired.
- State law requires a blood test and a hearing screen to be performed on your baby before you leave the hospital. Your nurse will review these procedures before they are done.
- If you are breastfeeding, your baby will receive no formula, sugar water or pacifiers unless ordered by the pediatrician and approved by you.
- If you are bottlefeeding, the first feeding your infant will receive will be water.

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My Choices:

- I want 24 hour rooming-in with my baby.
- I am planning to: (Please circle choice(s))
  1. Breastfeed
  2. Bottlefeed
  3. I'm undecided
- If my baby is a boy: (Please circle choice)
  4. I want him circumcised \*\*
  5. I do not want him circumcised
  6. I am not sure yet

\*\* Written consent will be obtained before performing these procedures.



## Going Home

### About Us:

- Length of stay is typically 48 hours after delivery for a vaginal birth and 96 hours after a cesarean birth.
- You may be eligible for a visit from a visiting nurse, where a nurse comes to your home to assess you and your baby. Please check with your insurance about your coverage before you deliver.
- We use a "teaching menu" to find out what the teaching needs are for you and your baby. Questions are encouraged throughout your stay.
- We offer educational written handouts and, if desired, videos to watch during your stay.
- A free breastfeeding support group meets every Wednesday, from 11am to 12 noon.
- If needed, a lactation consultant is on staff. Additionally, all of our nurses are trained in breastfeeding support and problem-solving.

### My Choices:

- I want to stay in the hospital as long as possible.
- I want to be discharged as soon as possible.
- I would like a visit from a visiting nurse, if I am eligible.
- I would like to watch some educational videos during my stay.
- Other:

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*We look forward to taking care  
of you and your family soon!*

If you have questions about your Birth Plan, or would like to schedule a tour, please call The Birthplace at 413-773-2359.