

My birth wishes

Thank you for selecting Indiana University Health Bloomington Hospital for the birth of your child. Our wish is to make your birthing experience as positive and memorable as possible. Since each birth is as special and unique as the life it brings, we go to great lengths to deliver what a mom wants - choices involving the most advanced medical care.

Please review the following checklist of birthing wishes available to you at IU Health Women and Children's Services. Mark those items you feel strongly about and we will grant your requests to the best of our abilities. If you don't feel strongly about a particular issue, that's fine too. The nurses, or your healthcare provider, will offer these birth options to you at the appropriate time. Simply reading through these options can help you think of questions you may want to discuss with your healthcare provider and make you feel more prepared for what to expect.

Bring this checklist with you when you come to IU Health Bloomington Hospital for the birth of your baby. Like all good plans, these birth wishes are flexible. When the time comes for your baby's arrival, you and your healthcare provider may decide to make some changes that will make your birthing experience the best it can be at IU Health Bloomington Hospital

Name:

Partner's Name:

Due Date:

Childbirth Educator:

Healthcare Provider:

Check as many as you prefer

Labor Comfort Options

- I would like to change positions or walk during labor, additionally:
 - I would like to rock in the rocking chair
 - I would like to use the birthing ball
 - I would like to shower for relaxation
 - I would like to use the whirlpool (as long as my water hasn't broken)
 - Other: _____
- I will bring music to play during my labor (CD, DVD & VCR available in all rooms)
- I would prefer dim lighting & the environment to be as peaceful as possible
- I would like to bring and use aromatherapy oils or fragrance (The State Fire Marshall prohibits burning incense and candles)
- I would like to wear my own clothes
- I would like to take pictures or film my baby's birth
- I would like to fill out my pre-admission information and bring it to the hospital with me to facilitate my admission to Labor and Delivery. See page: **46**
- Other: _____

(Note: We do not routinely use enemas, intravenous lines (IV) or shave pubic hair. If you have any questions regarding these practices, your healthcare provider, nurse or childbirth educator would be happy to discuss them with you).

Care Options

I have talked with my healthcare provider, and I would prefer to have the following type(s) of monitoring: (Note: Electronic Fetal Monitoring is used to see when you are contracting and how the baby is responding to labor. If your doctor, nurse or midwife is concerned, then (s)he will want to monitor more frequently or continuously).

- Continuous Monitoring—except when up to the bathroom
- I would like to use portable telemetry monitoring if I need to be monitored continuously, knowing it may be used while walking or in the tub or shower
- Monitoring Intermittently—monitor on and off to allow walking.
- I would like to discuss internal monitoring with my healthcare provider
- Other: _____
- I understand ice chips will be offered during labor, however, I would like to discuss clear fluids (popsicles, gummy bears, broth, Jell-O, Gatorade, apple juice, and soda) with my healthcare provider
- Other: _____

Support People During Labor and Delivery

I know support in labor is important and my visitors are welcome to visit any time in my room or wait in the main lobby as long as my medical condition allows. In order to keep my baby healthy, everyone will be asked to wash their hands/use hand sanitizer before holding my baby and children under the age of 14 (unless the baby's sibling) will not be able to visit the baby, but will be able to see him/her through the Newborn Treatment Room window. After delivery, visiting hours are 11 am - 3 pm & 5 pm - 8 pm. Snooze and Snuggle Time is 3 - 5 pm. You have a sign on your door to let visitors know when they can visit.

These are the people I would like with me during labor: _____

These are the people I would like with me during birth: _____

(Note: Those staying for the delivery will sign a consent form)

- I have a Doula (name): _____
- I would like to be a “No Information” patient (hospital staff will not acknowledge to anyone that you or your baby are patients. It will be your responsibility to inform the visitor(s) of your room number if you want them to visit.
- If you want visitors, they must know your legal name and room number to be admitted.
- I would like information about My Baby’s First Photo and the Web Nursery
- Other: _____

Labor Induction/Augmentation:

- I would like to discuss options with my healthcare provider on inducing labor
- I would like to discuss the breaking of the water with my healthcare provider
- I would like the option of returning home if my labor is not progressing
- Other: _____

Pain Management

Childbirth classes are recommended. You can find them at iuhealth.org/bloomington under Events & Classes. Detailed information about the various classes can be found at iuhealth.org/bloomington/women-and-childrens-services.

Childbirth classes teach breathing and relaxation techniques, plus your partner learns skills to help you cope. IV and epidural medications are available in active labor, however, not always as soon as you desire. Many find that breathing and relaxation helps them cope until birth or medications are an option.

- I would like to use breathing and relaxation techniques only
- I would like to use positional changes, Thermacare heat, shower or tub
- I realize IV or epidural medications exist — I will ask for them if I need them
- I would like to avoid having an epidural
- I would like an epidural and will discuss this with my healthcare provider (an IV, blood pressure, urinary catheter and continuous fetal monitoring in bed are necessary)
- I would like to try the following: _____
- Other: _____

Birth

- I would like to be allowed to vary the birthing positions, which may include:
 - Squatting Position
 - Hands and Knees Position
 - Other: _____
- I prefer to use Spontaneous Pushing (listening to my body and pushing)
- I prefer to use Directed Pushing (being told to push at certain times)
- If I am fully dilated and my baby is tolerating labor, I would prefer to wait until I feel the urge to push before beginning the pushing stage
- I would like a mirror so I can see my baby’s head when it crowns
- I would like to touch my baby’s head when it crowns
- I would like to discuss the advantages/disadvantages of episiotomies or tearing with my healthcare provider
- I realize birth is a very special event and prefer to have the TV/cell phones off, lights dimmed, and be prepared to participate in the miracle of birth
- I would like my baby, once dried, to be put skin-to-skin after birth
- I would like to keep my baby skin-to-skin through the first feeding and whenever possible
- I would like _____ to cut the cord
- I would like to bank my baby’s umbilical cord blood (you are responsible to contact the cord banking center prior to delivery and bring materials with you for the collection at the time of birth)
- I would like to breastfeed as soon as possible
- I would like to delay the eye medication and Vitamin K injection for my baby up until 1 hour after birth

- I would like to have my baby evaluated and bathed in my presence. Baths are given after 4 hours once the baby's temperature is stable
- I would prefer to have my baby on my abdomen during the newborn evaluation
- If my baby is taken for medical treatment to the Special Care Nursery, I would like _____ to accompany him/her
- I would like to have visitors limited during the Golden Hour following birth to allow time for bonding and breast-feeding
- Other: _____

Cesarean

- IU Health Bloomington Hospital allows one support person in surgery and recovery. I would like _____ to be present if a cesarean birth is necessary (ask your nurse for educational information regarding a cesarean birth). Your baby will stay with you throughout your recovery unless she/he needs to go to the Special Care Nursery for medical attention
- If possible, I would like to view the birth by use of a hand-held mirror
- I would like a description of the surgery as it progresses
- I would like to touch my baby as soon as possible after birth
- I would like _____ to be the first to hold the baby
- I would like to breastfeed in the recovery room
- _____ will be taking pictures/videotaping during birth

Postpartum

Your Mother/Baby nurse will provide care for both you and your baby as you room-in together. We encourage someone to stay with you, especially during the night because it helps to have an extra set of hands to hold the baby, and it will make you feel more secure. To help you get the rest you need to recover, visiting hours are from 11 am - 3 pm & 5 pm - 8 pm. A quiet nap time (Snooze and Snuggle) is observed from 3 - 5 pm. The pediatrician will evaluate your baby in your room.

- I would like my partner to stay with me
- I would like to rest as much as possible and have my care coordinated. I can use the sign on my door to say when I'm resting or ready for visitors
- I would like to use comfort products to ease pain as needed (Tucks, Dermoplast, ice packs and sitz baths)
- My partner, or another adult I choose, can take my baby to the Lullaby Lounge for bonding if I need to rest

Breastfeeding

Lactation consultants provide education prenatally, during your hospital stay or by phone and appointment following birth. They make daily rounds to breastfeeding mothers. No formula will be given to your baby, unless you are bottle feeding.

- I would like to have more information about breastfeeding
- I plan to breastfeed my baby and would like to begin nursing shortly after birth
- I do not wish to have any bottles or pacifiers given to my baby
- I would like my baby's discharge blood work done during breastfeeding to provide comfort for my baby during the procedure
- I do not plan to breastfeed my baby

Circumcision

Penal blocks provide anesthesia for male infants during circumcision which is usually performed by your baby's doctor the day following delivery. A consent will be signed and a Vitamin K shot given prior to circumcision.

- I would like more information about circumcision
- I would like to be with my baby during circumcision in the Newborn Treatment Room
- I do not want my baby circumcised