

## PERSONAL DETAILS

- Full Name...
- Date of Birth...
- Birth Partners name...
- Babys due date...
- Hospital...
- Do you have any underlying conditions?
- Do you have an allergies?
- What type of labour have you planned?

## HOSPITAL PROCEDURES

- How do you feel about being induced?
- How do you feel about having a caesarean?
- Would you be open to vaginal examinations during labour?
- Are you happy with a student Dr. or Midwife being present?

## THE ENVIRONMENT

- Do you want the lights dimmed?
- Do you want music playing?
- Do you want photos or videos taken?

## PAIN RELIEF

- What techniques do you want to use to help with pain?
- What medical forms of pain relief might you be offered?
- What drugs would you like to be offered?
- What drugs would you NOT like to be offered?

Remember labour pain is healthy pain, taking you one step closer to meeting your beautiful baby'

## MANAGEMENT OF MY LABOUR

- What positions would you like to labour in?
- What positions would you not like to labour in?
- (if it comes to it) Would you rather have a tear or episiotomy?

## BIRTH

- Would you be happy with suction or forceps to help get baby out if offered?
- Who would you like to cut the umbilical cord?
- Would your partner like to catch the baby?

## AFTER THE BABY IS BORN

- Are you happy with oxytocin given to help birth the placenta?
- Do you want delayed (optimal) cord clamping?
- What do you want done with your placenta? (encapsulation/discard/take home plant under a tree)
- Do you wish to see your placenta and have it explained to you?
- Do you want skin to skin contact with your baby asap?