

To the staff of Ocean Springs Hospital: My husband and I understand that childbirth is full of surprises and that some decisions may need to be made in the Labor and Delivery room. We intend to work with our attendants and caregivers to make well-informed decisions as the need arises. The following items are our preferences if the birth goes smoothly. **Any procedures that will be performed on me or my baby will require informed consent.** We realize that some of our choices in childbirth aren't common in some hospital settings, and we thank the obstetrical and nursery staff for respecting our wishes.

Labor Support Team may include the following attendants: my husband, x; daughter, x; son, x; Midwife, x, and my sister and doula, x. I would like my husband and midwife to remain by my side at all times including upon emergency. At no time will the baby leave the sight of either the father or myself.

No procedures or medications, even hospital policy should be performed or given without first explaining why and obtaining my permission.

No routine IV, please. I plan to eat light snacks, ice chips and drink clear fluids during labor. If the hospital staff prefers, I will allow a heplock.

No constant fetal monitoring that would confine me to bed. Intermittent monitoring through stethoscope, fetoscope or Doppler is preferred. Freedom of movement is important to me.

During labor, I plan to have freedom of movement and use gravity to help my body progress through labor. I will labor in whatever positions are most effective and comfortable for me including squatting, walking, standing, kneeling and all-fours.

Vaginal examinations should be kept to a minimum. I would like to be informed of any findings from a vaginal exam or any other examinations.

Unless there are definite signs of infection, I prefer no antibiotics.

I am planning a natural childbirth. Please do not offer me any pain medications unless I specifically request them.

As long as the baby is OK, I ask that the second stage of labor be allowed to continue without intervention and for as long as it takes.

I would like to keep my perineum intact. If my Obstetrician believes there is an indication for episiotomy, I want to fully discuss risks, benefits and alternatives before I agree.

I would like to have the opportunity to gently place my hand on the baby's head as it crowns and emerges to allow me to best control my pushing.

I prefer to push on my own with my contractions as my body tells me to. I trust my body and prefer not to be told when to push or given any pushing directives such as counting to ten.

In the event of a cesarean section, my husband will be with me at all times during the procedure and following a cesarean section, if the baby's condition permits, we would like the baby to be given directly to my husband. He will remain with the baby while I go to recovery.

In the event of a cesarean section, I ask that the screen be lowered so that I may observe the actual moment of birth.

In the event of a cesarean section, I would like to have at least one hand free and would like the baby to have as much time as possible held close to me allowing for skin to skin contact and for bonding before going to recovery.

We choose to wait until the cord stops pulsating before it is cut.

Immediately after the baby is delivered, it will be placed on my bare chest for bonding. Immediate examinations and APGAR scoring can be performed from this location.

Any further examination or procedures on the baby will be performed in my room.

Bathing of the baby will be done by mother and father.

We will have the baby room in with us at all times throughout our stay. If for any reason the baby needs to be taken from my side, my husband will be in attendance.

I plan to breastfeed. No bottles or pacifiers are to be given. If any supplements are necessary with my consent, they can be given by or dropper.

No procedures or tests will be performed on the baby without discussion of benefits, risks, alternate treatment methods and full consent.

Thank you for your cooperation and consideration of my wishes.