

## *Planning for the Best Childbirth Experience*

Planning ahead is the most helpful way to ensure that your childbirth experience is a special, as you would like it to be. Take a moment to fill out your birthing plan and discuss with your physician prior to your delivery. You will also need to bring your plan with you for delivery.

Name \_\_\_\_\_  
Support Person \_\_\_\_\_  
Physician \_\_\_\_\_  
Due Date \_\_\_\_\_

### *Visitors*

- I would like to have visitors during my labor  
 I would prefer no visitors during my labor

### *Delivery Support*

- I would like only my support person to present for my delivery  
 I would like \_\_\_ of my family/friends present for my delivery

### *Procedures*

- I would not like to receive an enema  
 I would like to have an enema  
 I would like to do my enema at home (with my  
Doctors permission)

### *Pain Control*

- I would like to have a natural birthing experience  
 I would like to receive pain medication through my I.V. for as  
long as I can have it  
 I would like to have an epidural

### *Other Comfort Measures*

- I would like to bring my favorite music to listen to  
 I would like to have my room as quiet as possible

### *Preferences for Baby*

- I prefer to breast feed  
 I prefer to bottle feed  
 I prefer a pacifier  
 I prefer for my baby not to have a pacifier