



My Birth Day Preferences

Name: _____ Date: _____

Support Person(s): _____

Welcome to Mills-Peninsula's Family Birth Center! The birth of a child creates memories that will remain with you for a lifetime. Thank you for choosing Mills-Peninsula and including us in this special and exciting time.

Below is a list of common situations encountered during the birth of a child. We want to share with you the customary practices at Mills-Peninsula so you will have an idea of what to expect. We hope it provides a framework for discussion to help you and your partner identify your feelings and desires for this special day. Please begin to think about these issues and discuss them with your care providers. Bring a copy of this preference list with you to the hospital. For more information, see "A Guide to Your Pregnancy and Newborn." For a copy of the book, talk to your obstetrician or midwife.

For the health and safety of our patients and providers, we are trying to eliminate latex on the Family Birth Center. Latex sensitivities are becoming more common and can pose serious risks to sensitized individuals. For this reason, latex balloons are prohibited in the Birth Center. We ask that you inform family and friends of this restriction, so that they do not bring or send them in. Should one be delivered, we ask that they not be discarded by popping, as this spreads latex particles into the air and can cause a severe allergic reaction.

- Do you have religious, cultural, or spiritual preferences that you would like to incorporate into your birth experience?

Comments: _____

- Even though, while in the hospital, your baby will be cared for by a hospital-based pediatrician, we recommend that you choose a pediatrician ahead of time. This is the doctor you will bring your baby to see for check-ups and shots.

Name of Pediatrician: _____

Labor and Birth

1. Early labor is sometimes a long process. During this time, it is very important that you are able to move freely, change positions, and eat light snacks. In most circumstances, home is a much better place to be for early labor. Do not be discouraged if, on the first exam, you are asked to walk for a period of time or even to return home. Occasionally, a medication can be provided to help you rest if you are sent home.

Comments: _____

2. All of our labor and birth rooms are private and have showers. Since relaxation is important, feel free to bring portable music or an mp3 player along with your favorite selections. We recommend that you create a soothing environment (e.g. dim the lights) and change positions as you need to for comfort. (For safety purposes, candles are not permitted.) We encourage you to invite only family and friends who will be supportive during your labor and birth.

Comments: _____

3. It is important to stay well hydrated during your labor, so we encourage you to drink clear liquids during this time. We provide ice chips, water, juice, broth, tea, popsicles and Jell-O™. You may also wish to bring hard candy for yourself and snacks for your partner.

Comments: _____

4. We do not routinely start an IV upon admission; however, most patients will receive an IV at some point during their labor. You will be free to walk around, drink clear liquids and try different positions for comfort. This will also help encourage your labor to progress. We do not perform enemas or shaving for delivery at Mills-Peninsula.

Comments: _____

5. Upon admission, your baby's heart rate and your contractions will be monitored for approximately 30–40 minutes. If everything looks okay during this time, then you will only be monitored intermittently (10–20 minutes per hour in early labor). Sometimes continuous monitoring becomes medically necessary. If that is the case, we have wireless monitors that allow you to be up and about within the labor and delivery area.

Comments: _____

6. We support a range of non-medication options for pain management including walking, massage, rocking chairs, birthing balls, shower, etc. What other options, if any, are you considering?

Comments: _____

7. Walking around and being upright are helpful for the progress of labor. If labor does not progress, you may need additional help such as breaking the bag of water or Pitocin. Pitocin is the same hormone that your body produces during labor. If this is necessary, we start Pitocin at the lowest dose and increase gradually while monitoring both your contractions and your baby. Your care provider will discuss with you which option(s) are the most appropriate.

Comments: _____

8. For pain medication, the two most common options we offer are equally safe for the baby: 1) a rapid-acting short term narcotic (either IV or intramuscularly) and 2) epidural anesthesia (pain medication in the lower back). Epidural medication is given by an anesthesiologist and is available 24 hours a day. With an epidural, your blood pressure will be monitored frequently. Since an epidural may numb your legs as well as your abdomen, you may not be able to walk around and may not feel when your bladder is full. If this happens, you may need to have a catheter to help empty your bladder. Your baby's heart rate will be monitored continuously, as well. Even if you do not plan to have either of these options, it is good to know about them before you go into labor. Please review the pain medication section in your prenatal information. (*"A Guide to Your Pregnancy & Newborn,"* Medications in Labor, pg. B-38).

Comments: _____

9. Episiotomies are not routinely performed at Mills-Peninsula; however, there are some circumstances in which your care provider may recommend it. Please discuss with your care provider the reasons for an episiotomy.

Comments: _____

10. Forceps and vacuum births are not routinely performed at Mills-Peninsula; however, there are some circumstances when your care provider may recommend their use. (See *"A Guide to Your Pregnancy & Newborn,"* Assisted Delivery, pg. B-33).

Comments: _____

11. Should a Cesarean birth become necessary, you will likely be awake and your support person can remain with you for the birth. You and your partner will be able to cuddle your baby shortly after the birth, as long as he/she is in good health. On rare occasions, you may need general anesthesia. In this circumstance, you will be asleep and your support person will be asked to wait outside the operating room. After the birth, your partner may accompany the baby to the nursery until you are settled in the recovery room.

Comments: _____

12. We appreciate the importance of capturing the special event of the birth of your baby by use of a camera or video technology. To protect the privacy of other patients as well as the team caring for you, we require that you ask permission from your caregivers or any other staff, before including them in any pictures. Video and audio recording is not permitted during medical procedures. So, should you require an epidural or Cesarean section, video recording of these procedures will not be allowed. We recommend that you discuss your plans with your obstetric provider and any others involved in your care.

Comments: _____

Recovery Period

13. After a vaginal birth, we usually place the baby on your tummy and clamp the umbilical cord at that time. Newer studies indicate that very little blood flow occurs through the cord after birth. If your support person desires, he/she may be able to cut the umbilical cord.

Comments: _____

14. For infant safety and security purposes, matching identification bands will be given to the baby, mother and designated support person. Our staff will discuss the infant security system with you.

Comments: _____

15. The recovery period is a time of transition. You will stay in the birthing suite while we monitor you and your baby through a safe transition. Our goal is to keep the new parents and baby together as much as possible. We encourage you to participate in your baby's transition, including bathing and dressing your baby. The baby will be receiving standard medications such as vitamin K (to help blood clotting), Erythromycin ointment to the eyes (to prevent infection), and a Hepatitis B vaccination (to prevent a serious liver disease).

Comments: _____

16. We support your decision to breast- or bottlefeed your baby. While there are many studies demonstrating the health and social advantages of breastfeeding, each family has its unique needs. If you choose to breastfeed, we will help you initiate this within the first hour of life. Our staff is here to help you become successful in caring for your baby.

Comments: _____

Postpartum

The postpartum period is a time not only to rest and recover, but it is also a time for you and your baby to learn about each other. Our staff is here to teach you about the changes you will be going through immediately after the birth and about your baby's behavioral cues. We encourage you to take classes offered through *the Institute for Health & Healing - Community Education* at (650) 696 5600 before and after birth to help prepare for this exciting time.

17. To promote bonding with your baby, as well as successful breastfeeding, we encourage the baby and parents to stay together as much as possible. To this end, your baby will remain with you in your room and be cared for by the same nurse that cares for you. Should you need a break, the nursery may be able to watch your baby. At some point after the recovery period, you and your baby will be transferred to the Mother-Baby unit. All rooms have sleeping accommodations for your partner or other adult support person. Because of safety concerns, children are welcome to visit, but may not spend the night. Also, when children are visiting, we require that a responsible adult (other than the patient) be present.

Comments: _____

18. Please let our staff and your pediatrician know your preferences regarding the use of pacifiers or any other artificial nipple such as bottles, for your baby. If you are planning to do any breastfeeding, no matter for how long, we strongly recommend your baby be fed only your breast milk while in the hospital and until your milk supply is well established. On the days following the birth of your baby, you will be visited by a lactation consultant. She, along with our supportive nursing staff, will get you and your baby off to a good start.

Comments: _____

19. Newborn circumcision is only done at parents' request. The circumcision is scheduled after the pediatrician has examined the baby and after you have signed the informed consent. The procedure is usually done by your obstetrician. This is an elective procedure. It may be done in the hospital or after the baby is discharged. Please discuss your plans and any questions you have with your obstetrician or your baby's pediatrician.

Comments: _____

20. Are there any other preferences or requests that you'd like to share with us?

Comments: _____

Our desire is to honor your preferences for your birth experience. In some situations, the health of you or your baby may necessitate flexibility and collaboration with the health care team and may result in a change from your preference plan. It is our goal to keep you informed of you and your baby's situation at all times and to provide the very best care.

I have had the opportunity to review My Birth Day Preferences with my health care provider.

Mother-to-be signature: _____ *Date:* _____

Health care provider signature: _____ *Date:* _____