

# DOMINICK & AMANDA'S BIRTH PLAN

*We thank you in advance for your support and look forward to a wonderful birth. We have educated ourselves prior to making these choices and feel that we are prepared to follow through on them. We understand that complications do arise and in such instances trust our physician to make the necessary decisions.*

## ENVIRONMENT

- I would like only my husband and staff to be present during the birth.
- I would prefer a quiet room, no excess staff please
- I would like to have the lights dimmed.
- I would like to wear my own clothes during labor and delivery.

## FIRST STAGE LABOR

- I would prefer not to have an IV unless medically necessary. If IV is deemed necessary, please use a heparin lock so that I can move around and walk as needed.
- I would prefer freedom to move and walk during labor.
- I would prefer not to be separated from my partner at any point during labor or birth.
- Please no pitocin or breaking of water unless deemed medically necessary. If inducing or augmenting labor become necessary, I would like to try walking and nipple stimulation.
- Please no internal fetal monitoring unless emergency arises.
- I would prefer not to undergo internal exams unless they are medically necessary. Vaginal exams only upon consent and as few as possible to avoid rupture of membranes.
- I would like to handle pain in the following ways: massage, relaxation, shower, heating pad and acupressure.
- I am interested in pain medication only if I'm too uncomfortable to handle the pain.

## SECOND STAGE LABOR

- I would like to choose my position for pushing; please no stirrups.
- Mother chooses when to push.

- If delivery assistance is needed, please use suction instead of forceps.
- I would rather risk a tear than have an episiotomy. I have done exercises to minimize the risk.
- I do not want residents or students present during my birth.

## CESAREAN DELIVERY

- I would like to avoid a cesarean if at all possible.
- I would like my husband to be present at all times during the operation.
- I would like to be conscious.
- I would like to delay cord clamping until it stops pulsating.
- I would like to have immediate contact with baby.

## POST-BIRTH

- I would like to hold baby immediately after birth.
- Breastfeed immediately to help birth placenta - no pitocin, uterine massage, or pulling of cord please.
- I would like to wait until the umbilical cord stops pulsating before it's clamped and cut.
- I would like my husband to cut the umbilical cord.
- I would like to postpone newborn procedures until I have a chance to bond with baby.
- I would like all newborn procedures to take place in my presence.
- If stitching is necessary, please use local anesthetic.
- If I can't be with my baby, I would like my husband to stay with her at all times.
- I plan to breastfeed my baby; no bottles, pacifiers, artificial nipples, formula, or water.

# COMFORT PLAN

## PAIN RELIEF - DURING LABOR

- Massage
- Acupressure Mat
- Heating Pad/ Warm Rag
- Lavender Essential Oil - on pillow, under nose, and on chest.
- Music with Headphones
- Ipad Games; Roller Coaster Tycoon, Scrabble, etc.

## PERINEUM PREPARATION - BEFORE/DURING LABOR

- Warm wet rag with lavender on perineum.
- Perineum massage with shea butter and almond oil; enhanced with essential oils, chamomile, rose, and lavender, will relax the muscles and ease back labor pain. Rub on the perineum, it helps prevent tearing as the baby crowns and eases swelling and burning.

## PAIN RELIEF - AFTER LABOR

- Perineum spray - uvi ursi, yarrow, witch hazel, lavender, and shepard's purse. (steep everything like tea, except witch hazel) Can be used on a wet rag, postpartum pads, or directly sprayed.
- Arnica Pills; every few hours.
- Frozen pads with perineum spray.

# FOOD MEAL PLAN

## BEFORE - AT HOME:

- Fruit
- Banana Nut Milkshake
- Spirulina tablets (3)
- Nettles infusion (1 cup herb, 1 quart water)
- Red Raspberry Leaf Tea (1 cup herb. 1 quart water)
- Pickles

- Salad Greens and dressing with cut up veggies.
- Labor Aid Drink
  - 3 cups red raspberry tea
  - 1 cup coconut water (1 fresh coconut)
  - 1/4 tsp raw honey
  - 1/4 tsp celtic sea salt
  - 2 stops trace mineral drops
  - 2 drops bach flower remedy

## DURING LABOR- BRING TO HOSPITAL:

- **Crampbark** and **Black Cohosh Tincture** can be used to ease uterine cramping during labor, and after birth. Use under tongue or diluted in water, serving size on bottle.
- **Chamomile** and **Catnip herbal tea** relieve pain, as well as calm and relax the body. 1/8 cup of each herb to 1 quart water.
- **Scullcap tincture** helps control pain during labor
- Snacking Veggies; leave whole: Red Bell Pepper, Cucumbers, Carrots, and Tomatoes.
- Vitamineral Green Drink

## AFTER BIRTH -AT HOSPITAL:

- Fruit
- Trail Mix
- Sushi From Whole Foods; Rainbow roll, spicy tuna, and eel.
- Calamari & Seaweed Salad from Whole Foods
- Trilogy or berry Kombucha

## AFTER BIRTH - AT HOME:

- PRE BREAKFAST: Fruit
- BREAKFAST: Banana Nut Milkshake or Avocado Pudding
- LUNCH: Salad
- DINNER: Homemade Italian Hoagie with super soft sub roll, thin layer of vegan mayo, Italian meat pack from Dawson's Market, muenster cheese, salad greens, sliced tomatoes, sprouts (Dawson's or farmers market), pepperoncini slices, olive slices, and a drizzle of Italian dressing on top.

# PACKING LIST

- Labor Outfit; Skirt and tank top, possibly breastfeeding bra.
- After Birth Outfit, comfy shorts or sweatpants (depending on weather), tank top, open sweater, breast feeding bra, postpartum underwear.
- Couple pairs of socks
- Muslin Swaddle
- Few outfits for baby; onesies (a few different sizes) pajamas, socks, no scratch gloves, hat, and bib.
- Ipad
- Large headphones
- Cooler: Popsicle pads
- Food & Drinks; as mentioned in meal plan.
- Perineum Spray