



My Pregnancy Toolkit

Simple Tools for Busy Women that will Enable You to Enjoy an Easy Pregnancy and Childbirth 



Name: _____



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ATTENDANTS

I'd like the following people to be present during labor and/or birth:

<input type="checkbox"/>	Partner:	_____
<input type="checkbox"/>	Friend/s:	_____
<input type="checkbox"/>	Relative/s:	_____
<input type="checkbox"/>	Doula:	_____
<input type="checkbox"/>	Children:	_____

AMENITIES

I'd like to:

<input type="checkbox"/>	Bring music
<input type="checkbox"/>	Dim the lights
<input type="checkbox"/>	Wear my own clothes during labor and delivery
<input type="checkbox"/>	Take pictures and/or video during labor and delivery

HOSPITAL ADMISSION & PROCEDURES

I'd like the option of returning home if I'm not in active labor

Once I'm admitted, I'd like:

<input type="checkbox"/>	My partner to be allowed to stay with me at all times
<input type="checkbox"/>	Only my practitioner, nurse, and guests to be present (i.e., no residents, medical students, or other hospital personnel)
<input type="checkbox"/>	To wear my contact lenses, as long as I don't need a c-section
<input type="checkbox"/>	To eat if I wish to
<input type="checkbox"/>	To try to stay hydrated by drinking clear fluids instead of having an IV
<input type="checkbox"/>	To have a heparin or saline lock
<input type="checkbox"/>	To walk and move around as I choose

OTHER INTERVENTIONS

As long as the baby and I are doing fine, I'd like to:

<input type="checkbox"/>	Have intermittent rather than continuous electronic fetal monitoring
<input type="checkbox"/>	Be allowed to progress free of stringent time limits and have my labor augmented only if necessary



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LABOR PROPS

If available, I'd like to try a:

- Birthing stool
- Birthing chair
- Squatting bar
- Birthing pool/tub

I'd like to bring the following equipment with me:

- Birthing stool
- Beanbag chair
- Birthing pool/tub
- Other: _____

PAIN RELIEF

I'd like to try the following pain-management techniques:

- Acupressure
- Bath/shower
- Breathing techniques / distraction
- Hot / cold therapy
- Self-hypnosis
- Massage
- Medication
- Other: _____

If I decide I want medical pain relief, I'd prefer:

- Regional analgesia (an epidural and/or spinal block)
- Systemic medication

PUSHING

When it's time to push, I'd like to:

- Do so instinctively
- Be coached on when to push and for how long
- Be allowed to progress free of stringent time limits as long as my baby and I are doing fine



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I'd like to try the following positions for pushing (and birth):

- Semi-reclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right at the time

VAGINAL BIRTH

During delivery, I'd like:

- To view the birth using a mirror
- To touch my baby's head as it crowns
- The room to be as quiet as possible
- To give birth without an episiotomy
- My partner to help "catch" our baby

After birth, I'd like:

- To hold my baby right away, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- Not to get oxytocin (Pitocin) after I deliver the placenta unless it's necessary
- To wait until the umbilical cord stops pulsating before it's clamped and cut
- My partner to cut the umbilical cord

C-SECTION

If I have a c-section, I'd like:

- My partner present at all times during the operation
- The screen lowered a bit so I can see my baby being delivered
- The baby to be given to my partner as soon as he's dried, if appropriate
- To breastfeed my baby in the recovery room

CORD BLOOD BANKING

I'm planning to:

- Donate cord blood to a public bank
- Bank cord blood privately
- Neither



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POSTPARTUM

After delivery, I'd like:

- All newborn procedures to take place in my presence
- My partner to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot provided for my partner

I'd like:

- 24-hour rooming-in with my baby
- My baby to room-in with me only when I'm awake
- My baby brought to me for feedings only
- To make my decision later depending on how I'm feeling
- My other children brought in to see me and meet the new baby as soon as possible after birth

FEEDING ISSUES

I plan to:

- Breastfeed exclusively
- Combine breastfeeding and formula-feeding
- Formula-feed exclusively

Do *not* offer my baby:

- Formula
- Sugar water
- A pacifier

DISCHARGE

I'd like to:

- Be discharged from the hospital with my baby as soon as possible
- Stay at the hospital as long as possible
- Wait and see how I feel before deciding about the timing of hospital discharge