

My Labour & Birth Guide Summary for Hospital

*This short form will help guide the care team to understand you and your general wishes for labour and birth. It is meant to be used together with the booklet "What you need to know about your care at BC Women's Hospital." There you will find details on routine practices at BC Women's Hospital and a detailed section that will help you talk about labour and birth with your doctor or midwife. You can bring this summary form to the hospital and give it to your nurse. **Remember: being flexible and open to changes is important since no one knows how your labour and birth will unfold.***

IDENTIFYING INFORMATION:

My Preferred Name: _____

Birth partner/and support people I would like to have with me (and their roles):

LABOUR & BIRTH:

Comfort measures in labour I would like to try:

- Walking, rocking, leaning
- Labour ball
- Tub and/or Shower
- Heat and/or Ice
- Massage
- Other: _____

My preferences about pain medication:

- Only if I ask; I do not want any kind of analgesia offered to me.
- Offer if I appear not to be coping
- Offer as soon as possible

Type of Pain Medication (if desired)

- Nitrous oxide (laughing gas/Entonox)
- Narcotics (i.e. morphine, fentanyl)
- Epidural
- Other: _____

- I would like to donate to the
Cord Blood Bank of Canada

AFTER BIRTH:

I would like to have my baby skin-to-skin with me or my partner as soon as possible
yes no

Special requests for me (religious, cultural, language):

Special requests for baby:

I would like _____ to announce the sex of the baby.

If possible, I would like _____ to cut the umbilical cord at the best time.

Other:

BREASTFEEDING:

- I plan to breastfeed
- I do not plan to breastfeed
- Other feeding plan:

MEDICATIONS/ALLERGIES:

I am taking prescription medication(s):

I have the following allergies:
