

The Birth Plan

Introduction

A birth plan is intended as a way in which you can discuss the birth with the gynaecologist. He or she must be able to read and understand the plan in a short time. Therefore: keep it simple. A birth plan should preferably fit on an A-4 sheet.

On the reverse you will find a form for you to complete. State in short sentences what your wishes are. In particular describe what is really important to you. Put the most important things at the top. Write a wish list, not a demand list.

Subjects you can use to write the plan are shown below. You do not have to use all of these.

Support

- Who would you like to be with you during the birth apart from the midwife and maternity care worker?
- When do you want them to be there?

Where to give birth

- Where would you prefer to give birth? For example, at home or at the hospital?
- Do you have any wishes about the room where you give birth and the atmosphere?

Contractions and pushing

- What positions do you want to use for dealing with the contractions and during pushing?

- For example: walking, on the birth stool, under the shower, in the bath.
- How would you like to deal with contraction pain?
- If you choose pain control with medication, what type would you like to use? For example: Entonox, Remifentanil or epidural.

Hospital

- Have you any ideas about operations? Do you have any wishes in case a Caesarean section is required? For example: partner present, introduction to your baby.
- Do you have any wishes about your stay in hospital?
- Do you have any wishes in case your baby cannot be near you due to health reasons?

Baby

- What would you like to do with the baby just after he/she is born? For example: physical contact, cut the umbilical cord, care.
- How would you like to feed your baby?

Other wishes

- Use this space to write down any other wishes or comments about the birth that are not included in the above.

Birth plan of: _____

Support:

Where to give birth:

Contractions and pushing:

Hospital:

Baby:

Other wishes:

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.