



## MAMA BIRTH PREFERENCES TEMPLATE

Some basic MAMA facts to keep in mind:

- We keep cervical exams to a minimum, doing them only if they will affect our management
- We do not perform routine episiotomies
- Comfort measures include hydrotherapy, birth ball/stool, massage
- We do not require routine IV access, except in the case of VBAC (vaginal birth after cesarean)
- For the majority of our clients, we can use intermittent fetal monitoring. Some exceptions include VBAC candidates, women using pain medication, inductions, if there is a fetal heart rate abnormality, or certain complications of pregnancy
- We are a teaching hospital and may ask if you would be willing to have a student involved in your labor and birth. We encourage you to consider participating

**Feel free to either simply check off choices or write in a longer response**

*Persons at birth*

Partner \_\_\_\_\_ Doula \_\_\_\_\_

Other support person(s) \_\_\_\_\_

*Pertinent History*

*Specific fears/concerns, health history, labor or birth history that might help us better support you in labor* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Medication*

Certain wants unmedicated \_\_\_\_\_

Open \_\_\_\_\_

Certain wants epidural/narcotics \_\_\_\_\_

*Verbal Coaching*

Everything explained with reasons \_\_\_\_\_

Supportive language, no need for detailed explanations \_\_\_\_\_

Likes direction, prefers need to know basis \_\_\_\_\_

*Partner Involvement*

Assisting with birth \_\_\_\_\_

Cutting the cord \_\_\_\_\_

Announcing sex of baby \_\_\_\_\_

*Postpartum*

Breastfeeding \_\_\_\_\_ Bottle feeding \_\_\_\_\_

Circumcision Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

Early discharge Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

Cord blood banking Yes \_\_\_\_\_ No \_\_\_\_\_

*Newborn*

Hepatitis B Vaccine \_\_\_\_\_

Erythromycin eye ointment \_\_\_\_\_

\*\* Please use this as an opportunity to share with us anything else about who you are and what you need (i.e., family traditions, birth plan wishes, dietary needs, spiritual, cultural or religious customs, etc.)

---

---

---

---