

Birth plan notes for [REDACTED]

Thank you for taking the time to read our birth plan request.

1. [REDACTED] will be practicing hypnobirthing and intends to have a minimally invasive birth. This includes:
 - 1.1. Avoiding drugs – please do not offer any pain medication or epidural or Pitocin. Please let her initiate the conversation if she feels that she needs medication
 - 1.2. She prefers not to have an episiotomy – if it is deemed necessary, please discuss it with her husband [REDACTED] before taking any action
 - 1.3. She respectfully declines to take a pain scale measurement
 - 1.4. She does NOT want to know her “dilation” status and would prefer to not to even have an exam to determine it. If the hospital decides that an exam is necessary then please discuss it with her husband [REDACTED] before talking to [REDACTED]
 - 1.5. She will likely be wearing headphones and would prefer to NOT be disturbed for any reason. If it is medically necessary and urgent to disturb her, please discuss it with her husband [REDACTED] beforehand
 - 1.6. Although she is Strep B positive and will need antibiotics every 4 hours, she would prefer that the IV be hooked up for a minimum amount of time and then unhooked to allow her freedom of motion
2. [REDACTED] prefers to labor as long as it takes to have the baby and wants to avoid artificial rupture of her membranes
3. [REDACTED] would like to, if it is available, have the option of having a water birth and has taken the class
4. Because she is hypnobirthing [REDACTED] would prefer to maintain a quiet, controlled environment even during second stage with any necessary directions (i.e. “push”) being as gentle as possible
5. [REDACTED] requests to have expectant management of the 3rd stage. [REDACTED] would like to clamp the baby’s umbilical cord and wait until it has stopped pulsing
6. We would prefer that suctioning of the baby’s be performed only if indicated rather than automatically