

COOMBE HOSPITAL - BIRTH PREFERENCES

My Name is.....My Due Date is:.....

My Birthing Partner is.....

I am aware that whilst these are my preferences, as pregnancy/labour/birth progresses my situation may change and this plan may need to change also.

Birth Environment

Music, lighting, aromatherapy

Toolkit for Labour

Movement, Relaxation Techniques, Shower, Birthing Pool, Support



Options for Pain Relief

Natural or Pharmacological

The Birth of My Baby

Positions for giving birth, birthing aides, water birth, delivery of the placenta, skin to skin contact, feeding, vitamin K

Monitoring My Baby's Heartbeat

Interventions

Induction of Labour, Speeding up Labour, Episiotomy

Potential Complications

Anything else I would like my caregivers to know?

Please be aware that this is a guide only for a birth preferences plan. Parents are advised to discuss their own preferences for birth with their midwife or doctor at an antenatal check-up by 36 weeks of pregnancy and again on arrival to the Delivery Suite.

Midwife/Doctor's Signature..... Date.....

COOMBE HOSPITAL - BIRTH PREFERENCES – PLANNING AHEAD

Birthing Partner:

- Who will accompany you in labour? This might be your life-long partner/mother/sister/a trusted friend but if you have no one to come with you please let us know in advance and we will take care of you.
- Are there times during labour that you would prefer your birthing partner to leave the room?
- When you are in labour would you like to talk to your birthing partner in private about interventions that may be suggested?

Birth Environment

- Have you discussed the delivery suite environment with your midwife/doctor?
- Have you thought about some personal items that you may wish to bring to create optimal conditions for birth? e.g. LED T-lights, diffuser, massage oil, positive affirmations for birth, relaxation tracks/ music, small speaker

Please see our video **'Toolkit for Labour'** which discusses the importance of the birth environment and creating optimal conditions for birth, both at home and in the hospital.

<https://www.coombe.ie/parent-education>

Options for Pain Relief

- Have you thought about ways of managing labour pain both natural and medicated?
- Have you discussed these options with your midwife/doctor?
- Do you want to keep upright and mobile for as long as possible?

Please see our videos – **'Toolkit for Labour'** & **'Pain Relief Options'**

Monitoring Your Baby's Heart beat

- Have you discussed the various ways in which we may monitor your baby's heart beat?
- Do you understand the reasons why we may suggest your baby needs continuous hear rate monitoring?

Please see our video **'Coming to hospital and care throughout labour and birth'**

Interventions

Induction of Labour, Episiotomy, Speeding up Labour

Induction of labour:

- Are you aware of reasons why labour may need to be induced?
- Have you discussed induction of labour with your midwife/doctor?
- Do you understand the process of induction of labour/possible timeframe and ways in which you can help yourself during this time?

Episiotomy:

- Have you discussed with your midwife/doctor situations where episiotomy may be necessary?
- Have you discussed perineal massage?
- Have you discussed ways of aiming to prevent tears i.e. positioning, use of warm compresses etc

Speeding up labour

- Are you aware of the reasons why it may be necessary to 'speed up your labour'?
 - Have you discussed with your midwife/doctor what this might entail?
- Please see our video **'Intervention'**

Toolkit for Labour

- Have you thought about how to create optimal conditions for birth?
- Have you thought about using relaxation techniques for labour and birth
- Have thought about different positions and movement for labour and birth which will help you to feel more comfortable and enhance the birthing process?
- Have you thought about using our birthing pool for labour and birth and discussed this option with your midwife/doctor?
- Have you thought about different ways you would like your birth partner and caregivers to support you in labour?

Please see our Birth Dynamics – Toolkit for Labour programme on the hospital website at <https://www.coombe.ie/birth-dynamics> & <https://www.coombe.ie/birthingpool>

The Birth of My Baby

- Have you thought about position in which you may feel most comfortable giving birth?

At the moment of birth

- Would you like to touch your baby's head/see it with a mirror when it is about to be born?
- Would you like the midwife to encourage you by verbally instructing you on how and when to push?
- Would you prefer to be told the sex of your baby or like to see it first for yourself?

Third stage (Delivery of your placenta/after birth)

- Do you want to have a medically managed 3rd stage of labour?
- Would you prefer a natural 3rd stage?
- Have you discussed both with your midwife/doctor to ascertain which may be safest for you?

Skin to Skin contact/feeding

- Do you want your baby to be placed in skin to skin on your chest after birth?
- Have you discussed with your midwife/doctor the importance of not interrupting skin to skin for at least 1 hour after birth?
- Have you discussed optimal cord clamping?
- Have you discussed with your midwife/doctor the importance of early breastfeeding?

Vitamin K

- Have you discussed the reasons why we recommend Vitamin K be given to your baby?
- Have you discussed the methods by which vitamin K can be given?

Please see our videos **'Coming to hospital and care throughout labour and birth'** and **'Stages of Labour'**

Please visit the **infant feeding** page on the hospital website at <https://www.coombe.ie/baby-care/feeding-your-baby>

Potential Complications

- Have you discussed with your midwife/doctor if a concern arises with you or your baby an intervention may be necessary such as vacuum, forceps or caesarean section?
- Have you discussed with your midwife/doctor that if a caesarean section is necessary the possibility of you needing to have a general anaesthetic?
- Have you discussed with your midwife/doctor the possibility of having a 'woman-centred caesarean birth' if a caesarean section is necessary?

Please see our videos on **'Intervention and Caesarean Birth'**

Please consider attending a series of antenatal classes at the hospital in preparation for childbirth. For information on booking please visit:

<https://www.coombe.ie/parent-education>