



Dr. Polyxeni Rounds | Dr. Marc Leclair | Dr. Danielle Albushies | Dr. Lara Hanlon | Dr. Jennifer Weidner
Dr. Lisbeth Murphy | Dr. Fletcher Wilson | Dr. Kristine Henneberry | Dr. Samantha Pawlowski

My Birth Wishes

At Bedford Commons OB-GYN, we understand that the birth of your child will be one of the most special and memorable days of your family's life. We want to make the natural process of birth as safe as possible for you and your baby. We will talk to you and your support people if any concerns arise or if any interventions are recommended. Together we hope to achieve a wonderful experience with a healthy mother and baby as you start your journey into parenthood.

The "Birth Wishes" checklist below offers a way to share specific preferences if you have any. We certainly have patients who choose the "go with the flow" approach and that works well too. We hope that this checklist facilitates our discussion of any concerns or questions that you have leading up to delivery.

Name: _____

My baby's name and gender (if known): _____

My birth support people: _____

I would like for the umbilical cord to be cut by: _____

Routine practices at Elliot Hospital

- Room ambiance is in your control.
- Privacy is important – there are no medical students or residents. Occasionally nursing students are present to observe your Labor & Delivery nurse.
- Fetal monitoring begins when you are admitted and might be intermittent as long as there are not any concerns with the baby or risk factors.
- Mobility during labor is encouraged – you may walk, sit, or stand in your room or out in the hallways.
- The baby will be put on your chest immediately after delivery.
- Delayed cord clamping is routine practice.
- Breastfeeding is strongly encouraged. Babies will always be in your room with you.
- Pacifiers and formula supplementation are only given to your baby after a discussion with you.
- Administration of Hepatitis B vaccine, Vitamin K, and eye ointment are recommended to every newborn.
- All labor rooms have the option of a whirlpool tub.

Routine practices for Bedford Commons OB-GYN:

- No interventions are done without discussion between you and your provider.
- 60 second delayed cord clamping is planned if possible
- Episiotomies are rarely performed and only if necessary for the health of the baby or to protect you from an expected deep natural tear
- If assistance is necessary, vacuums may be used.

Pain management:

- I am hoping to have a non-medicated birth, if possible. I request that the staff help me work with my labor and suggest ways of coping with my contractions. Please don't ask if I want medication; I will tell you if I do.
- I am hoping to use comfort measures during labor but I am open to the use of pain medication. Please offer it if I am very uncomfortable.
- I know that I will want pain management as soon as possible when in labor and request that the staff be alert to that and do all procedures necessary to expedite the process. I am interested in:
 - Nitrous oxide (inhaled)
 - Nubain (injection)
 - Epidural anesthesia

Near and during labor

We encourage you to push in positions comfortable to you. Here are some options for positions to push in:

- In bed
- Squatting
- Leaning on the side of the bed
- With a squatting bar
- With side handles
- Other: _____

Baby care:

- I am planning on breastfeeding.
- I am planning on formula feeding.

If it's a boy, what are your plans for circumcision?

- No circumcision.
- Circumcision while we are at the hospital (before going home).
- I have planned a circumcision after we have left the hospital.

Other:

- We plan to collect cord blood for cord blood banking.
- I would like the application of eye ointment to be delayed.

I would like to discuss my concerns about:

- _____
- _____
- _____
- _____

****Please bring completed form with you to a prenatal visit in your third trimester of pregnancy. You will also want to bring a copy to the hospital when you are in labor.****