

Estimated Due Date: 11/4/2017
patient at Medical Heights OB/Gyn

My husband, Ricky, and I are so excited about the arrival of our third child, a little boy. I gave birth with little to no intervention to our first two children in 2010 and 2011. I have a nervous system disorder called Friedreich's Ataxia but am determined (and prepared) to attempt natural childbirth again and will be avoiding medical interventions that are not absolutely necessary. I would prefer that no students, interns, residents or non-essential staff be present during labor or birth. I would like the privacy screen erected and to have a dark and quiet environment.

My support team for labor and delivery includes my doula, my husband, and my mother. We are very aware of the benefits and risks of the following decisions. Unless there is a real and vital threat to mother or baby, we do not want to be pressured to stray from our wishes for this experience.

We are deeply grateful for the help and care we will receive from the staff. Thank you, and may Jesus bless you!

Labor

- I wish to be able to move around and change position at will, so I do not want a saline lock or IV fluids.
- I would prefer to keep the number of vaginal exams and cervical checks to a minimum.
- I do not wish to have continuous fetal monitoring or internal monitoring unless the baby is in distress. I would like to remove the stretchy band from initial monitoring.
- I do not wish to have the amniotic membrane ruptured artificially, unless I consent.
- I will be avoiding medications used to induce or augment labor.
- I realize that many pain medications exist. I'll ask for them if I need them.

Cesarean

- Unless there is a dire emergency, I would like to avoid a Cesarean.
- If time allows, please wait for our express consent before performing a Cesarean.
- If the baby requires a Cesarean delivery, I would like Ricky present at all times.
- So I can view the birth, I would like the screen lowered just before delivery of the baby.
- If the baby is not in distress, the baby should be given to me immediately after birth.

Delivery

- I would like to be allowed to choose the position in which I give birth, preferably side-lying.
- I would like to try to wait until I feel the urge to push before beginning the pushing phase.
- I do not want the vacuum or forceps to be used.
- I would prefer to tear naturally rather than have an episiotomy.
- I wish for my husband to catch him as he is born, if it is convenient.
- I would like to have the baby placed on my stomach/chest immediately after delivery.

Immediately After Delivery

- I would prefer to wait several minutes before the umbilical cord is cut.
- I would like Ricky to cut the cord, after it is done pulsating.
- I would like to hold the baby while I deliver the placenta and any tissue repairs are made.
- I would appreciate if the evaluation of the baby can be done with him on my abdomen and both of us covered by a warm blanket, unless there is an unusual situation.
- I wish to keep his vernix on his skin, so please do not bathe him.
- If the baby must receive immediate medical treatment, Ricky will accompany him at all times.
- Ricky and I would like to be alone with him for an hour before he is examined, etc.
- I do not want him to receive the eye drops, the Vitamin-K shot, the Hepatitis-B vaccination, or the heel prick.

- I do not want to have him circumcised.

Postpartum

- I would like to have the baby "room in" and be with me at all times.
- I plan to initiate breastfeeding directly after birth, according to his cues.
- I do not want the baby to be given a pacifier or bottle. No water, glucose water, or formula.
- I would like to meet with a lactation consultant.

Thank you !!