

Cesarean Birth Plan

June 2019

Thank you for supporting our plan for a gentle and *family-centered C-section*. Unless it's medically necessary, I do not want to be separated from the baby at all. Thank you for being on our team for this big day! I am excited to work with you.

A bit about me -- the birth of my first child (Feb. 2017) was traumatic and included:

1. An unconsented episiotomy, 4th degree laceration, hour-long surgery for repair post-delivery, lots of drugs and ongoing PT for pelvic floor pain and functional issues.
2. A readmission through the ED 4 days postpartum, after waiting for 7 hours while separated from my newborn, for severe preeclampsia.

Plan Specifics:

- Any alarms are turned down/off
- I am not given any drugs that create a "loopy" feeling or interfere with memory creation
- There are no sensors on my chest area and I can open my shirt to be skin to skin with my baby
- At least one arm and hand is free to hold baby
- My mom and husband are with me and can take pictures. I would like to have two support people with me, especially in case one must follow the baby to the NICU.
- *The birth is as slow as possible in a cesarean to be as least jarring to little babe as possible. We have time. :)*
- *The anesthesiologist raises my head and gets the drape dropped so that I am able to watch the actual birth*
- Cord clamping is delayed
- Baby is placed on my chest as soon as the cord is cut
- Lights are dimmed around my face/chest
- Baby stays with me
- Bath is delayed
- Vitamin K, Heb B, eye ointment, etc. all OK, but delay until recovery
- I'd like to drink warm liquids in recovery
- Postpartum room has some natural light