

**Birth requests
In Case of Cesarean
Mother: Jane Doe Father: John Doe
OB: Dr. Joe Smith**

Thank you for taking a few minutes to read our birth requests. We know birth is unpredictable and we will accommodate as needed. However, our ideal cesarean birth is one in which you help me give birth to my baby in a gentle and supportive environment. We wish to have as gentle of a cesarean as possible, so please review our preferences with us. Thank you for understanding!

During delivery:

Our preferred anesthesia is an **epidural or spinal block**. We wish to avoid general anesthesia unless absolutely necessary. We also wish to avoid the use of **morphine or fentanyl** in analgesia.

The mother would like to have the **father in the operating room at all times**.

Please allow **freedom of movement and a clear drape** in order to watch our baby's birth.

Please **delay cord clamping for a minimum of 60 seconds** unless absolutely necessary.

Please **double-stitch all incision sites** to allow for the possibility of a VBAC at our next birth.

After delivery:

Please perform **vaginal seeding** to afford our baby beneficial bacteria.

After the cord stops pulsing and is cut, please **give the baby to the mother** for immediate skin-to-skin contact.

We would like the **father to stay with the baby at all times**. Please allow the baby to stay with the mother in the recovery room.

For pain management, please **use toradol or an on-q pump**.

Please allow **full rooming-in**.

Please **delay all newborn procedures**, and please **check with us** before any routine procedures are performed.

Thanks again for your kind and thoughtful attention to our requests.!

Sincerely,

Parent's signatures

Doctor's signature