

your birth plan

Patient Name: _____

Preparing for Your Baby's Arrival

At Sharp Grossmont Hospital, we recognize that every birthing experience is unique. Our highly skilled team gladly supports your personal preferences and is dedicated to providing you with the extraordinary level of care we call The Sharp Experience.

We've created this document to help you plan for the type of labor and delivery you want. **We recommend reviewing this birth plan with your doctor at your upcoming office visit and sharing a copy with your labor nurse when you arrive at the hospital.**

Please check the items below that are important to you.

Laboring Aids

Frequently changing positions can help control pain, improve the efficiency of contractions and move your baby down the birth canal.

Preferred laboring aids:

- Birthing ball
- Squatting bar
- Shower use
- Intermittent monitoring to allow for walking
- No aids

Pain Relief

How you want to manage pain in labor is a personal choice, and we will support whatever option you choose.

Preferred pain relief plan:

- Non-pharmaceutical choices including massage, showering, alternating positions and controlled breathing
- Analgesia (pain medication given through an IV)
- Epidural analgesia

Doula

Doulas provide continuous, non-medical, one-on-one labor support alongside the rest of the care team.

Doula preference:

- Use a private doula
- No doula

Episiotomy

- Avoid an episiotomy, if possible
- No preference

After Delivery

- Delay clamping of the umbilical cord
- Have partner cut the umbilical cord
- Have doctor cut the umbilical cord
- Bank baby's cord blood for private use
- Bank baby's cord blood for donation
- Do not bank baby's cord blood

Please remember to share your preferences with your doctor prior to your arrival at the hospital. We will do everything we can to honor your preferences, but know that medical circumstances during labor and delivery may impact your birth plan. In all instances, we are committed to providing a memorable and safe experience for you and your family.

To learn more about your labor and delivery options, visit www.sharp.com/grossmont or call **1-800-82-SHARP** (1-800-827-4277).