

Birth Plan Template

Patient's Name:

Partner's Name:

What is a Birth Plan or Preferences?

A birth plan or birth preferences are written communication of your and your partner's wishes and goals for before, during, and after labor and delivery. It is a way to communicate who you are as a couple as well as your values and preferences.

Do I need to Complete this Template?

You do NOT need to have a birth plan or preferences. You can use this tool to help communicate your goals during delivery if you have them. You can also use this to learn more about options that exist at Christ Hospital Labor and Delivery. You could recycle this immediately, and that could be the right thing for you. There is no right or wrong way to use this (or other) birth plan templates. This is just for you to have information if you want it. We recommend having an idea of your wishes and goals by 36 weeks.

Standard Practices at Christ Hospital and Liberty Birthing Center

- IV access*
- Options for use of positions, birthing ball, or tub
- Ok to have ice chips, sips of liquids, popsicles, etc.
- Episiotomy, vacuum, or forceps are not typically done unless medically necessary
- Approximately 1 minute delayed cord clamping
- Skin-to-skin for at least an hour after delivery, if conditions allow
- Pitocin given after delivery to prevent postpartum hemorrhage*
- During COVID, baby is to stay in the room and there is not currently an option for baby going to the nursery

*=required practices



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Where would you like to deliver?

There are two Christ Hospital locations: main Christ Hospital and the Liberty Birthing Center.

- The Christ Hospital
 - Level II NICU
 - Able to deliver high risk maternity and neonatal care
 - Mt Auburn doctors always available
- Liberty Birthing Center
 - Level II NICU
 - Birthing center where you stay in the same room for labor & delivery as well as postpartum
 - Limited high risk resources
 - Those at high risk of bleeding or complication should not deliver at this location
 - Unable to provide care for women with BMI of 50 or greater and those whose BMI is 45-49 must meet with anesthesia prior to delivery
 - Laborist system - Mt Auburn doctors are not always available
 - We are able to ensure delivery by scheduled c-section with one of us! Contact our surgery scheduler to arrange.

The Christ Hospital

MAIN CAMPUS

2139 Auburn Ave.
Cincinnati, OH 45219
[Get Directions](#)
(513) 334-2131

SERVICES

Comprehensive Inpatient & Outpatient Medical & Surgical Care, Emergency Medicine, Oncology, Orthopaedics, Primary Care, Specialized Services in Heart & Vascular, Spine Care, Women's Health

HOURS

24 Hours

The Christ Hospital Medical Center - Liberty Township

THE CHRIST HOSPITAL MEDICAL CENTER - LIBERTY TOWNSHIP

6939 Cox Road
Liberty Township, OH 45069
[Get Directions](#)
(513) 648-7800

SERVICES

Cardiac Rehabilitation, Cardiovascular Testing, Emergency Medicine, Family Birthing Center, Imaging, Inpatient Care, Inpatient Surgery, Lab & Testing Services, Outpatient Surgery, Physical & Occupational Therapy

HOURS

24 HRS



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At the Hospital

LABORING

- Eating and drinking during labor
- Walking or using birthing ball during labor (can use remote fetal monitors at The Christ Hospital and Liberty Birthing Center)
- Using specific birthing positions
- Laboring in the birthing tub or room shower (can use remote fetal monitors in water)
- Continuous vs intermittent fetal monitoring (if medically safe)
- Saline lock of IV vs continuous IV fluids (continuous can be adjusted)

ATMOSPHERE

- Relaxation techniques
- Music
- Diffuser
- Massage

INTERVENTIONS

- Desire vs avoid induction of labor
- None, unless medically necessary
- Would like membrane stripping in the office to attempt natural labor induction
- Artificial rupture of membranes
- Augmentation of labor (i.e. with pitocin to help labor progress faster)
- I would like to avoid any pain medications
- I would like to avoid an epidural
- IV analgesia (nubain)
- Epidural anesthesia
- Intermittent vs continuous bladder catheterization after epidural



Postpartum and Newborn Care

NEWBORN MEDICATIONS

- Vitamin K shot
- Hepatitis B vaccine
- Antibiotic eye ointment

FEEDING

- Allow baby to breastfeed as soon as possible
- Have hospital breast pump available
- Use donor breast milk if needed
- Lactation consultant help while in the hospital
- Formula feeding

CIRCUMCISIONS

- If I have a boy, I would like him to be circumcised
- I would like to watch the circumcision
- My partner would like to watch the circumcision

OTHER

- Offer baby a pacifier

How to Learn More

- Talk with any of your OB providers about what things mean or how to communicate your goals
- Take a birthing class
 - Christ Hospital and Liberty Center both offer in-person and virtual classes: https://www.eventbrite.com/o/the-christ-hospital-childbirth-education-14799802468?utm_medium=cpc&utm_source=google&utm_campaign=womens&utm_medium=cpc&utm_source=google
 - Or google “Christ Hospital Birthing Classes”



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