**For:**

Dear Labor & Delivery Folks,

I have created a list of birth preferences. I am aware that these are preferences and may or may not be possible depending on how the birth goes. I really appreciate your taking the time to read this.

Birth Preferences:

-I am not planning on using pain medication or an epidural. I have used narcotic pain medication during labor in the past and it has been very unpleasant and not really effective for me so I do not consider this an option. Should I be in labor for a long period of time I may feel it is necessary to ask for an epidural, but I would like to avoid this situation.

-I understand that the baby and I must be monitored, but I prefer it to be done as little as possible. It is important to me to be able to move around and change position during labor.

-I would like to labor in the shower or tub, if possible.

-I wear contact lenses and plan to keep them in during labor or a cesarean, unless general anesthesia is necessary.

-I would like to eat and drink during labor as I feel the need.

-Please allow me to push with my natural urges, at my own pace. Also, I may want to push and deliver in alternative positions such as squatting, side lying, and hands and knees.

-Barring complications please place the baby directly on my abdomen after the birth. If possible, I would like to delay the newborn procedures for awhile to bond with the baby.

-If a cesarean delivery becomes necessary, please allow my husband and doula to be with me throughout the entire surgery and recovery.

-I do plan to breastfeed and would like to start immediately after the birth. I may ask that the baby spend the night in the nursery so that I can sleep.

-If the baby is a boy, we would like him to be circumcised.

-I do NOT want a tubal ligation, even though I have signed the consent/understanding form.

-I would like very minimal checks during the night so that I can rest as well as possible.

Thank you so much for all that you do.