**Birth Plan Sample 3 – Caesarean Section**

Below is a birth plan for our baby who will be born by elective caesarean section.

We understand in the event of an emergency, our doctor will communicate with us

any changes that are needed.

-I would like to walk into the theatre myself and familiarise myself with my surroundings before lying down

-I would like my partner present/doula present at all times

**Pain Relief:** Epidural/spinal analgesia

**Mobility**: I would like at least one arm free to be able to touch and hold my baby after birth

Please have a sick bowl & peppermint oil close by in case I am nauseous during the procedure

-Please describe the events as they unfold

-Lower drape to see delivery

-Immediate skin-to-skin as soon as possible (we will supply our own receiving blankets)

-Video/pictures

-Initial wipe-down towel given to mum for smell/fluid transfer

**Environment**

* + Special music
  + Aromatherapy
  + No idle chatter
  + Only essential lights

**Postnatal**

Dad to take baby out of theatre as soon as possible and have skin to skin under a warmer

Doula to stay in theatre with mum for support

Baby to come to postnatal room as soon as I return from theatre.

Baby rooming in

Father rooming in

Baby exclusively breastfed. Do not offer pacifiers, glucose/water or formula

All newborn checks to be done in our presence. Preferably in our postnatal room.

Vaccinations can be done

Hearing test can be done

Jaundice testing can be done

If NICU: Dad with baby at all times