**Birth Plan Sample 4 – Natural, Unmedicated Birth**

**Labour:**

* I prefer to labour and deliver without any medication or drugs unless medically indicated
* I prefer not to be offered any pain relief by the nurses
* I will use natural measures like massage, water immersion, meditation, and breathing to help cope
* I prefer to have no medication to speed up labour
* I prefer my waters to break on their own
* I would prefer to eat and drink as needed during labour
* If labour augmentation becomes necessary, I would like to try natural methods first
* I am happy with continuous monitoring as long as it is cordless and I can still walk around/get into the bath
* I prefer no internal exams except to establish active labour (if needed) and to check for complete dilation before pushing
* I prefer to move around freely during labour with the lights dim and music on
* I prefer to push in whatever position feels most comfortable at the time
* I prefer no episiotomy unless absolutely required for the baby’s safety and would like perineal support, massage or hot compresses to help avoid a tear if needed
* I prefer that no forceps or ventouse are used unless the Dr says it is medically necessary.
* I prefer to try all natural options before considering a C-section

**Birth preferences:**

* If possible, I would like my husband to receive the baby first with the Dr’s assistance and have him place him on my chest
* Please do not cut the cord for at least 3 minutes (we are not planning to collect the cord blood)
* Please place the baby on my chest and do not separate me from him
* I prefer that the baby is not cleaned or measured for at least the first hour and remains skin to skin with me at all times.
* Should a C-section become necessary, I would like my husband to remain with me at all times and that I am conscious during the surgery if possible. I would also like to have skin-to-skin contact with baby while in theatre and offer the breast as soon as baby wants
* I prefer that the placenta is not immediately delivered but to wait for 10 minutes and then have a shot to assist delivery

**Newborn procedures:**

We have chosen to decline:

* Hep B and BCG vaccines
* Vitamin K shot
* Circumcision

We will consent to:

* Hearing test
* PKU test
* Necessary emergency treatment

**After birth:**

* Baby will be exclusively breastfed. Please do not offer pacifier, sugar water or formula
* I wish for the baby to remain in my room 24/7 and I will accompany baby to any testing
* I do not wish to receive any pain medication post labour and will cope with any after pains naturally