**Our Birth Preferences**

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| **Name** |  |
| **Estimated Due Date** |  |
| **Birth Place Choice** |  |
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| **Birth Partner** |  |
| **Relationship to mother** |  |
| **Contact Number** |  |
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| **Important to Know** | I had a meeting with senior midwife Michelle Waterfall on 13/08 to discuss my previous birth which involved a PPH of 1.3l and she is happy for me to be at the Bluebell Birth Centre (this is recorded on my notes).  We are hypnobirthing and feel calm and confident about our birth and are looking forward to it. |
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| **Vaginal Examinations** | Would rather avoid unless they are going to help us to make informed decisions about care etc. |
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| **Monitoring** | Intermittent with sonicaid.  No need to ask to listen in!  If I need to move to labour ward for any reason and continuous monitoring is necessary, I would like the 'wireless' monitoring - continuous monitoring with belts was really difficult in my last birth and I want to avoid this as much as possible. |
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| **Environment** | Calm, quiet, peaceful – hypnobirthing.  I would like the room to be as calm and quiet as possible without unnecessary chit chat to distract me (me and my husband are easily drawn into conversation!).  Water birth if possible for active labour,  Dim lighting  Hypnobirthing music/audio  Aromatherapy diffuser  Food and drink offered regularly  Mobility is hugely important, I want to be able to move as much as possible, including using the pool for established labour. |
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| **Pain Relief** | Hypnobirthing Tools  Last time I had everything going and felt that this did not actually help me. Please do not offer me comfort measures unless I request it. Please do not refer to ‘pain’ but use comfort measures or the name of the measure instead.  This time I believe I am better equipped to deal with things myself and I want to feel connected to my baby's birth.  Chris is here to remind me that I can do it and to offer suggestions, but knowing myself, I expect to instinctively want to cope on my own. |
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| **Positions for labour and birth** | Active and Upright  I am very keen to be as active and mobile as possible and feel confident in my ability to move around and find the most comfortable positions for me. |
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| **Birth Pool** | I would like to use during active labour and potentially for birth. |
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| **Second Stage** | No coached pushing.  I want to feel the urge myself and work with my body. |
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| **The Golden Hour** | Skin to skin immediately to aid bonding and production of oxytocin to reduce blood loss. Please do not wipe or clean the baby before passing to me.  Chris to tell us the sex of our baby.  I am confident about breastfeeding and would like to do this.  We are happy for the baby to have the vitamin K injection. |
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| **Labour Ward** | If necessary we would like to recreate the calm, homely environment as much as possible, using the same tools, including a pool if available.  As few people as possible  No students  No canular unless necessary |
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| **Induction of Labour** | Before induction we would like to be given as much time as possible for labour to start naturally with increased monitoring if necessary. If this does not happen we would like to consider our options on a case by case basis, beginning with as ‘light touch’ as possible, i.e. a membrane sweep. If other methods are needed, such as a pessary we would like if possible to go home with this in place to allow things to continue as naturally as possible. |
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| **Assisted Delivery** | Only if necessary and whilst maintaining all other hypnobirthing techniques i.e. quiet and calm. Prefer ventousse to forceps. |
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| **Third Stage** | Baby skin to skin ASAP  Cord left to pulsate and then managed third stage to mitigate against previous PPH.  I would like to see the placenta but do not intend to keep it. |
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| **Unplanned Caesarean** | Gentle as possible!  Awake/local anesthetic  Skin to skin ASAP - no weighing or cleaning first.  Electrodes on my back  Delayed cord clamping  Minimal people in theatre, but midwife to stay with me from labour ward/BC  Dim lights where possible  Microbiome seeding if possible |
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| **Anything Else** | Hope to birth and stay in Bluebell BC until ready to go home and would like to introduce our daughter to her brother/sister here. |
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| **Thank you!** | Thank you for reading this and for the support and care that you will give at this very special time. |