

Guide to Completing Your Birth Day Wishes form

Introduction:

We want to help you have a safe and satisfying birth experience and hospital stay. You can help us by preparing your Birth Day Wishes. This form can help you and your support people think about what is important to you for your birth and help you talk to your caregivers about it.

- Give us as many details about yourself as you can. The more personal your responses are, the more helpful your Birth Day Wishes will be.
- Take a copy of the completed form to a prenatal visit and talk to your physician, nurse-midwife or nurse practitioner about what you have written.
- Bring it with you to Labor & Delivery to show to your nurses and caregivers in the hospital.

How to fill out the form:

- Think about every step of the birth from when it begins at home, all the way through having the baby, and the time you will spend in the hospital after the baby is born.
- Think about things we should know about you and your family personally, and also things you would like from your medical care and hospital support.
- Are there things that you want to be sure to talk about with our staff? Include that information also.
- Feel free to add more paper if you need it.

Helpful Hints and Tips:

- Most vaginal deliveries occur in our birthing rooms using the birthing beds. The beds are like regular hospital beds, but have a bottom part that comes off for more positions and a squatting bar.
- All the birthing rooms have a CD/tape player/radio, and a VCR; as well as their own temperature control.
- All rooms are private, with a shower and toilet. A few rooms have tubs. Let us know if you would like a room with a tub.
- You are welcome to bring to the hospital whatever will make you feel comfortable, such as your own clothes to labor in, music, or a pillow.
- Your baby can stay with you in your room or, if you wish, your baby can go to the nursery immediately after birth to be measured, bathed and examined.
- If you have a cesarean birth, it will take place in our Operating Room in Labor & Delivery. We welcome one support person to attend a cesarean birth. He/she can sit beside your head behind a screen that blocks the view of the operation, and hold the baby. If general anesthesia is used, your support person will be shown where to wait until the surgery is complete.
- As soon as you and your baby are stable, the nurses will help you with breastfeeding.

Thank you for taking the time to talk to us about your Birth Day Wishes. We look forward to helping you give birth and take care of your new baby.