

ORLANDO
HEALTH[®]

South Lake Hospital



**South Lake Hospital's Obstetrical Services
Center for Women's Health Birth Plan Worksheet**

Moms, please fill in the blanks and circle your choices

Mother's name:

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Father's name:

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My Obstetrician:

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My due date:

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My prenatal educational classes:

The staff encourages all expectant mothers to take prenatal educational classes to prepare you for childbirth and breastfeeding.

Available classes:

1. Childbirth Education Class (tour included) /Date of class_____
2. Establishing Breastfeeding Class (recommended if you are breastfeeding)
/Date of class_____
3. Newborn Care Class/Date of class_____

Register via Community Relations/ Education Department: 352.241.7144, Ext. 4419. Download registration form. Class fees are per couple.

My Baby's Community-based Pediatrician (chose prior to your baby's birth):

- Name
- Address
- Phone no.

3 Support people at Regular Birth:

- 1.
- 2.
- 3.

1 Support person at Cesarean Section:

- 1.

My Birthing Environment:

- Lights dimmed
- Background music (bring your own CD)
- Window shades open/closed
- Photos or video prior to birth / after birth
(It is not permitted to photograph or video the actual birth)

My Labor Props:

- Shower
- Birthing Ball
- Peanut Ball
- Birthing Bar
- Walking

My Comfort Measures:

- Breathing techniques
- Imagery
- Focal Point
- Hot/cold therapy
- Massage
- Effleurage (self-massage)
- Ice Chips

My Pain Relief:

- Un-medicated Birth
- Narcotic pain meds/analgesia
- Epidural anesthesia

Vaginal Birth:

- Use of a mirror to see my baby crowning
- Touch my baby's head as it crowns
- Give birth without an episiotomy
- Have my partner cut the baby's umbilical cord
- Delayed cord clamping (recommended)
- Utilize the skin-to-skin technique after delivery (recommended)
- Breastfeed as soon as possible after delivery (recommended)
- Delay my baby's first bath until after the first feeding (recommended)

Cesarean Section:

- See my baby after delivery in the OR
- Utilize the skin-to-skin technique after delivery while in the OR if stable
- Utilize the skin-to-skin technique while in the OR /or the Recovery Room
- Breastfeed my baby while in the recovery room
- Delay my baby's first bath until after the first feeding (recommended)

Cord Blood Banking:

- Private arrangements for cord blood banking are made by parents prior to the birth of their newborn. We recommend the cord blood bank that is utilized is also accredited by the AABB (American Association of Blood Banks).

www.alphacord.com

www.cordblood.com

www.cryo-cell.com

www.viacord.com

Infant Feeding:

- Breastfeed exclusively *(recommended by the AAP, ACOG, CDC, WHO)
- Formula feed exclusively
- Formula supplementation only if medically necessary *(recommended)
- Utilize hospital's breast pump if separated from my baby
- Pacifier use
- No pacifier use *(recommended)
- Offer pacifier only with procedures (circumcision)

Postpartum:

- Room-in with my baby
 - Have my partner stay with me at all times
 - Family and friends visit (if healthy)
 - Limit visitors
 - Have hospital baby pictures taken
- www.mom365.com
- Utilize the skin to skin technique to enhance breastfeeding
 - (As a reminder; siblings of the newborn are not permitted to stay overnight in the mother's room).

- View new parent and baby care educational videos on the hospital's TV skylight educational channel:
 1. Better Breastfeeding / Healthy Start
 2. Your Baby knows how to latch-on
 3. Hospital to Home
 4. Lifesaver: Baby CPR
 5. Baby Discharge Class

Circumcision:

- Circumcision during hospital stay (if insurance coverage)
- Circumcision as an out-patient after discharge
- Obstetrician to do circumcision
- Pediatrician to do circumcision
- Decline circumcision

Discharge:

- To be discharged from the hospital as soon as possible (minimum 24 hrs.)
- Stay at the hospital as long as possible
- New mothers usually are discharged at 48 hours after a vaginal delivery, and at 72 hours following a cesarean section.
- We recommend that expectant parents purchase and review your new baby's car seat installation instructions prior to your baby's birth. The hospital staff is not permitted to install infant car seats. The local fire and police departments employ certified car seat technicians that instruct new parents in infant car seat use.
- Lake County EMS: 352.383.4554
- Clermont Fire Department: 352.394.7662
- You will be receiving a survey at home after you are discharged. It is our goal to provide you with an excellent experience. If at any time you feel your care has fallen short of excellent, please let us know so that we have an opportunity to correct this before your discharge. Your experience is very important to us.

My Signature:

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Obstetrician Signature:

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Pediatrician Signature:

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***Recommendations cited by the following:**

AAP-American Academy of Pediatrics

ACOG-American College of Obstetricians and Gynecologists

CDC-Center for Disease Control

WHO-World Health Organization