



South Lake Hospital
In affiliation with Orlando Health



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

Expectant Mothers, Please fill in the blanks

and circle your choices

Mother's name

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Father's name

-

My Obstetrician Name

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My due date

-

• *My prenatal educational classes*

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

Available classes:

1. *Childbirth Express/Date of class*
2. *Establishing Breastfeeding (recommended if you are breastfeeding)*
/Date of class
3. *Advanced Breastfeeding/Date of class*
4. *Newborn Care/Date of class*

Register via Community Relations Department: 352.241.7109

Download registration form. Class fees are per couple.

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

- Name
- Address
- Phone no.

Three (3) support people at regular birth:

- 1.
- 2.
- 3.

One 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
- 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*
- *Utilize the skin-to-skin technique after delivery*
- *Breastfeed as soon as possible after delivery*
- *Delay my baby's first bath until after the first feeding*

Cesarean Section

- *See my baby after delivery/place baby on my chest in the OR*
- *Utilize the skin-to-skin technique while in the Recovery Room*
- *Breastfeed my baby while in the recovery room*
- *Delay my baby's first bath until after the first feeding*

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*
- *Formula feed exclusively*
- *Formula supplementation only if medically necessary*
- *Utilize hospital's breast pump if separated from my baby*
- *Pacifier use*
- *No pacifier use*
- *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 anytime 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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