

MY NAME IS \_\_\_\_\_ DUE DATE: \_\_. \_\_. \_\_\_\_

## HOW DID YOUR PREGNANCY GO?

## WHO WILL ACCOMPANY YOU DURING THE BIRTH?

- \_\_\_\_\_
- My companion should be with me the entire time.
  - My companion should leave the room during vaginal exams.
  - I do not want to bring a companion.

## ATMOSPEHRE - I would like...

- ... to have the possibility to go back home if the birth process is still in the early stages.
- ... to listen to my own music.
- ... to have dimmed lighting in the delivery room.
- ... to have as few disturbances as possible, lots of quiet.
- ... to have as much presence of the midwife in the delivery room as possible.
- ... the CTG to be silent / as quiet as possible.
- ... \_\_\_\_\_

## PAIN MEDS

- I would like suggestions on how to cope with labor pain, including the offer of pain relief options.  
The following pain relief methods are acceptable to me:
  - Complementary medicine (e.g.: homeopathy, acupuncture...)
  - Bathtub
  - Pain medication administered through an IV (e.g.: meptid, paracetamol..)
  - Nitrous oxide (Laughing gas)
  - Epidural anesthesia (PDA)
- I do not want an active offer. I will ask if I need something.

## BIRTH – I would like...

- ... to get suggestions for suitable birthing positions.
- ... to choose positions based on how I feel.
- ... to get a mirror so I can see the birth.
- ... to touch my baby's head when it becomes visible.
- ... to try a water birth.
- ... to give birth intuitively and only be guided by the midwife if I can't find an optimal rhythm.
- ... guidance from the midwife on when to push.

*Note:* An episiotomy is not performed routinely. It will only be done in an emergency situation and in consultation with you.

**AFTER BIRTH – I would like...**

- ... to pick up my baby myself.
- ... my baby to be placed on my chest by my companion or the midwife.
- ... the umbilical cord to be cut by: \_\_\_\_\_
- ... at least 1 hour of uninterrupted skin-to-skin contact, if possible.

**C-SECTION – If this is necessary, I would like...**

- ... the drapes to be lowered so I can see when my baby comes out (gentle cesarean birth).
- ... skin-to-skin contact with my baby during the operation.
- ... my baby to be held by my companion.
- ... the presence of my companion during the initial care of the baby.
- ... the U1 newborn examination to be delayed until we are back in the delivery room.

*Note:* You will remain awake during the operation if possible.

**PLACENTA – I would like...**

- ... an explanation about function and look of the placenta.
- ... to take my placenta home with me.

*Note:* Cutting the umbilical cord is generally done after the cord has stopped pulsating

**BREASTFEEDING – I would like...**

- ... to breastfeed my baby intuitively and without support. I will ask if I have questions.
- ... to breastfeed my baby and would like support with that.
- ... to breastfeed with colostrum and then wean.
- ... not to breastfeed at all.

Here is space for individual thoughts and wishes.