



# Your Pregnancy

WE'RE HERE FOR YOU EVERY STEP OF THE WAY

## Your childbirth with us

As you approach your due date, you may be wondering what to expect on the special day your baby arrives. We're here to help you think about the options you may have during labor, and the exciting moments after your baby is born.

Please bring this completed form to your next prenatal visit. A nurse will also ask about your preferences at the hospital. Throughout your stay, your care team will work with you to make your childbirth experience as close to what you want as possible—while keeping the health of you and your baby our top priority.

## Our philosophy

We respect every woman's individuality and preferences and we'll:

- Follow your preferences for coping with labor and feeding your baby.
- Let you know ahead of time if a doctor, nurse, or midwife in training may be involved in your care.
- Assist in managing visitors throughout your stay.

## Comfort and safety

To ensure a healthy delivery, we'll:

- Assist you with birthing positions to help labor progress.
- Give you an IV for fluids and medicine. We can cap off your IV so you can move around when needed.
- Encourage you to eat light meals in early labor and drink clear fluids to stay hydrated.
- Check your baby's heartbeat with a fetal monitor.
- Not perform unnecessary enemas, shaves, or episiotomies.

## Bonding and feeding

Skin-to-skin contact with your baby during the first hour after birth helps your newborn transition to the outside world and begin feeding.

Only you can decide how you want to feed your baby. If you plan to breastfeed:

- We recommend breastfeeding exclusively (no bottle feeding) while your baby is learning to latch.
- We will provide the information and support you need.

## Protecting your baby

To get a healthy start, we give your baby 2 shots:

- Vitamin K to prevent bleeding. Babies are born with low levels of vitamin K, so they need this shot to help their blood clot normally.
- Hepatitis B vaccine as recommend by the Centers for Disease Control and Prevention (CDC).

## Cesarean birth (C-section)

Our goal for every woman is to have a healthy birth. If a C-section is necessary, we'll continue to consider your preferences as much as possible throughout your care with us.

## The more you know, the better you'll feel

Learn more about childbirth and what to bring to the hospital by visiting [kpdoc.org/laborpain](https://kpdoc.org/laborpain) and [kpdoc.org/childbirthkit](https://kpdoc.org/childbirthkit).

Your health is as important as your baby's. Find tips on self-care after childbirth by visiting [kpdoc.org/postpartumcare](https://kpdoc.org/postpartumcare).

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Name: \_\_\_\_\_

MR#: \_\_\_\_\_

## Your childbirth preferences

### Labor support

Let us know which loved ones you'd like to attend your birth and their relationship to you. List all that apply.

Primary support person: \_\_\_\_\_

Others you want to attend: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If possible, I'd like the cord cut by: \_\_\_\_\_

\_\_\_\_\_

### Delivery room environment

Which options will make you most comfortable during and after labor? Check all that apply.

- Staff asks me before allowing visitors.
- Lights dimmed.
- Music played on a device that I'll bring.

### Coping with labor

What is your preferred method of coping with labor discomfort? Please note that some options, such as TENS, nitrous oxide, and hydrotherapy, vary by facility. Check all that apply.

- I plan to use pain medicine and/or an epidural.
- I plan to use natural methods, such as walking and breathing techniques.
- I don't want to be offered pain medicine even if I seem uncomfortable. I will ask for it if I need it.
- I'll decide during labor.

### Feeding preferences and history

Check all that apply.

- I plan to breastfeed my baby.
- I plan to feed my baby with formula.
- I'm unsure how I plan to feed my baby. I'll see how it goes.
- I've had problems breastfeeding in the past.

### Circumcision

If I have a boy, I'd like him to be circumcised at Kaiser Permanente.  Yes  No  Not sure

### Childbirth experience

Please list any concerns or fears about childbirth or your hospital stay that your care team should be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is there anything else your caregivers should know to help create the experience that you'd like?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Cultural and family traditions

List any traditions you will observe while in the hospital and what we can do to support you:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Other comments or preferences

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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