

### Patient's Details:

Name:  
Date of Birth:  
NHS number:  
Due Date:

Baby's Gender:

### Birth Partner's Details:

Name:  
Relation to Patient:  
Contact Details:

Name:  
Relation to Patient:  
Contact Details:

### Birth Plan Details:

Location:

Tel:

Midwife Details:

Tel:

Labour pain relief choices:

- Birth Pool
- Gas & Air (Entonox)
- Pethidine injection
- Epidural (As a last resort)

Special Requests:

I would like certain religious customs to be observed after the birth. My birth partner and I would like a few minutes alone with our baby to observe a prayer.

Before Birth:

I would like to be in the birth pool for pain relief during my labour, and I would like my birth partner to be present at all times. I would also like to have gas and air available whilst I'm in the birth pool.

During Birth:

- I would like to be in the birth pool during labour, I might have a waterbirth or give birth outside (depending on how I feel at the time).
- If I decide to give birth outside the birth pool, I would like a hot/warm compress on my perineum whilst giving birth to prevent any tearing.
- I would like to have a natural birth as much as possible, but if an episiotomy, forceps/vacuum, or caesarean is needed at the time, then I fully understand the procedures and give my consent to these.

After Birth:

- I would like my baby to be wiped before handed to me.
- I would like my birth partner to cut the umbilical cord after birth
- I give consent to the thigh injection for helping me deliver the placenta
- I would like the placenta to be disposed of
- I would like my baby to get the BCG vaccine (if available)
- I give consent to give my baby Vitamin K
- I plan to exclusively breastfeed my baby

Other notes:

- I would like my birth partner to be present at all times, before/during/after birth.
- I give consent to any FEMALE trainee midwife/nurses/doctors to be present at birth.