

your birth plan

Preparing for Your Baby's Arrival

At Sharp, we recognize that every birthing experience is unique. Our highly skilled team gladly supports your personal preferences and is dedicated to providing you with the extraordinary level of care we call The Sharp Experience.

We have created this document to help you plan for the type of labor and delivery that you want. Most of these suggestions are standard of care at the hospital. However, this birth plan provides an opportunity to discuss these options with your provider. **Please bring a copy to share with your care provider and your labor nurse when you arrive at the hospital.**

Please check the items that are important to you:

Laboring Aids

Frequently changing positions can help control pain, improve the efficiency of contractions and move your baby down the birth canal. These laboring aids are provided by the hospital.

Preferred laboring aids:

- Birthing ball
- Peanut ball
- Squatting bar
- Shower use
- Intermittent monitoring to allow for walking
- No aids

Episiotomy

An episiotomy is an incision made in the perineum — the tissue between the vaginal opening and the anus.

- Avoid an episiotomy, if possible
- No preference

Pain Relief

How you want to manage pain in labor is a personal choice, and we will support whatever option you choose.

Preferred pain relief plan:

- Choices other than medications, including massage, showering, alternating positions and controlled breathing
- Analgesia (pain medication given through an IV)
- Epidural pain medication

After Delivery

- Delay clamping of the umbilical cord
- Have partner cut the umbilical cord
- Have doctor cut the umbilical cord
- Bank baby's cord blood for private use
- Bank baby's cord blood for donation
- Do not bank baby's cord blood

Pediatrician's Name _____

Please remember to share your preferences with your provider prior to your arrival at the hospital.

We will do everything we can to honor your preferences, but medical circumstances during labor and delivery may impact your birth plan. In all instances, we are committed to providing a memorable and safe experience for you and your family.

To learn more about your labor and delivery options, visit sharp.com or call **1-800-82-SHARP** (1-800-827-4277).