

# Casey and Derek Kasten's Birth Plan

**Pain Medication:** We would like this birth to be natural and un-medicated. We ask that you support our decision to have as few interventions as possible. Please do not offer pain medications.

**Labor:** I would like to stay mobile as much as possible-walking around, using my birthing ball, using the hospital squat bar, shower. Any natural comfort measures you have to offer are welcomed (hot/cold packs, etc.) We would like the use of the hospital's squat bar and mirror if these items could be provided. We would like the lights dimmed.

**Hydration/Nutrition:** I would like the ability to eat and drink throughout labor.

**Vaginal Exams:** Barring complications, I would like as few as possible.

**Bag of Waters:** I do not want my water broken (unless bulging as we move into the 2<sup>nd</sup> stage)

**EFM:** Barring complications, we would prefer to have intermittent monitoring.

**Pitocin/Induction Agent:** We do NOT want induction.

**Position during Actual Birth:** I would like to try a squatting position or hands and knees position.

**Vacuum/Forceps:** I do not want these unless there is a threat of life to mother or baby.

**Episiotomy:** I do not want an episiotomy unless medically necessary.

**C-Section:** In the event I would have to have a c-section, I would like to have my husband in the operating room and I would like him to be present at exams/bathing while I am in recovery.

**Moment of Birth (barring complications):**

- Please do Not tell us the sex of the baby; we would like to see for ourselves.
- I would like baby on my **chest** right away.
- I would like baby to remain with me for the **first hour**, unless complications occur.
- **Umbilical Cord-** We would like for the cord to stop pulsing before cutting (unless an emergency).
  - Dad would like to cut cord.
- I would like to attempt to **breastfeed immediately**.

- Please do Not attempt to bathe or weigh baby immediately.
- Please **DO NOT ADMINISTER EYE OINTMENT.**
- We wish to have one parent with baby at all times.
- We would prefer baby to remain in room at all times.
- Please do Not feed baby **formula** at anytime.
- Please do Not give baby **pacifier** at anytime.
- Please do Not give any **vaccinations. NO HEPATITIS B.**
  - We will sign waiver if necessary.
- **Vitamin K shot**- Will be determined depending on birth.

*Thank You for your support, Casey and Derek Kasten*