

Birth Communication Guide



At MercyOne, we know having a baby is one of life's most significant journeys. From the time you find out you are expecting, to the time your baby arrives, the OB/GYNs, midwives and health care experts at MercyOne are here providing you with personalized, excellent care as you welcome your new bundle of joy into the family.

We invite you to use this birth communication guide to prepare yourself and communicate your wishes for your delivery at MercyOne. We are committed to helping you achieve your best birth experience. If changes arrive that differ from this tool, our birth team will do our best to help accommodate these changes.

Today's date:

Your full name:

Labor partner's name:

Due date:

My OB provider:

My baby's provider:

At MercyOne we want you to feel comfortable making decisions about your baby.

Our standard of care includes:

- Immediate skin-to-skin contact after delivery (when condition allows)
- Option to breastfeed as soon as possible

If you have any specific requests, please let us know below:

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I plan on:

- Breastfeeding
- Pumping breast milk only
- Breastfeeding and supplementing with formula
- Breastfeeding and supplementing with donor breast milk
- Formula feeding
- Pumping

If supplementation is necessary, I would accept:

- Donor breast milk
- Formula

I would like the following persons to be present before and/or during labor and my vaginal delivery:

- Labor Partner
- Parents
- Other children
- Doula
- Other

During labor I would like:

- Music played (provided on my own)
- Lights dimmed
- The room as quiet as possible
- As few interruptions as possible
- As few vaginal exams as possible
- Hospital staff limited to my own provider and nurses
- To wear my own clothes
- My partner to be present the entire time
- To stay hydrated with clear liquids and ice chips
- To eat and drink as approved by my provider

For pain relief, I would like to consider:

- Breathing techniques
- Distraction
- Epidural
- Nitrous oxide
- IV medications
- Birth balls
- Position changes
- Only what I request at the time
- Natural birth

Circumcision:

- Should be performed
- Should be performed in the presence of me and/or partner
* as approved by my provider
- Should NOT be performed

If baby is not well, I would like:

- To breastfeed or provide breast milk
- To hold them whenever possible

MercyOne Waterloo Birth Center Integrated Neonatal Intensive Care (INIC) model allows babies to be cared for while in the same room as the mom.

Immediately after delivery, I would like:

- My labor partner to cut the umbilical cord
- The umbilical cord to be cut only after it stops pulsating
- To see the placenta before it is discarded
- To keep the placenta

If having a C-section, I would like:

- All options to have been exhausted
- Gentle C-section
- My labor partner to remain with me the entire time
- Use a clear drape to watch the delivery
- The surgery explained to me as it happens
- My labor partner individual to hold the baby as soon as possible
- To breastfeed in the operating room
- Skin-to-skin contact with baby as soon as possible

As the baby is delivered vaginally, I would like to: *

- Use a mirror to see the baby crown
- Touch baby's head as it crowns
- Let the epidural wear off while pushing
- Use whatever methods my provider deems necessary
- Let my partner/other person help catch the baby
- Catch and pull the baby onto my belly as they are born

*Be sure to discuss with your provider.

During delivery, I would like to: *

- Squat
- Semi-recline
- Lie on my side
- Be on my hands and knees

*Be sure to discuss with your provider.

Please don't give my baby:

- Formula
- A pacifier
- Other

What is important to you during labor, the birth of your baby and after?

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Is there anything else you would like us to know so we may meet your expectations to the best of our ability? (past life experiences, fears, cultural or religious requests)

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