



Birth plan

In this birth plan you can write your ideas and wishes regarding your delivery. During the birth of your baby, the midwife will make sure she tries to guide you with respect to your wishes. Both your safety and that of your baby are our first priority and because of this the midwife may choose to handle differently than the birth plan indicates.

As you never know how you might feel during your delivery, it is possible to want a different approach at the time of your delivery when comparing it to your birth plan. This is not a problem.

Below we state a short description of what you can expect of your midwife during the delivery. In case you have specific wishes, please write them down in the birth plan.

- ◇ Midwives work in shifts. The midwife on call will guide you through your delivery. Unfortunately, it is not possible to give a preference as to which midwife will help you in your delivery.
- ◇ In a homebirth, the midwife is assisted by a 'kraamverzorgster'. The midwife will call her during the delivery. In the hospital, the midwife is assisted by a nurse. A nurse usually has multiple patients, so it is likely it is not possible for her to stay by your side all the time.
- ◇ The midwives at our practice teach student-midwives. Depending on how far they are in their education and training, student-midwives will perform some checks during pregnancy and delivery themselves. The midwife will always be present as well. In case you do not wish for a student to be present at your appointment and/or delivery, please let us know.
- ◇ The midwife will do everything in deliberation with you and your partner. In case a medical situation occurs, it is possible choices are limited. The midwife will tell you which option she prefers and why. In case of medical emergencies, it is possible there is no time to discuss options. Should this happen, the midwife will take immediate action. At a later time, she will explain her actions.
- ◇ When a medical situation occurs during your delivery, the midwife will ask for the assistance of a gynaecologist. If possible, the midwife will join you to the hospital. When a medical situation occurs, the gynaecologist will be fully responsible for your delivery and will further guide you. Sometimes the midwife can stay with you for support, though she will not have an active role in your delivery anymore.
- ◇ The midwife always brings a birthing chair with her. The hospital also has the possibility to give birth on a birthing chair. Please let us know if you, prior to your delivery, prefer a specific position during the delivery.
- ◇ An episiotomy will only be done at strict indication, for example when the baby is in distress. We will always give you a local anaesthesia before an episiotomy or when we need to suture.
- ◇ If the baby is born and there are no complications, the midwife will place the baby on your belly. Should you not prefer this, please let us know.
- ◇ When possible the midwife will wait to cut the umbilical cord until there is no blood flow anymore between the placenta and the baby. If possible, the midwife will ask if you or your partner wish to cut the umbilical cord.
- ◇ If you wish to breastfeed your baby, we will help to feed your baby within 1 hour after the delivery.

If you wish to fill out a birth plan, please bring this to your midwife so you can discuss your wishes and preferences towards the delivery.

Birth plan

Name:

Date of birth:

Due date:

Desired place of birth: Home / Spaarne Gasthuis / Alrijne Hospital / I will decide during my delivery/
other, please specify:

Did you take a pregnancy course, and if yes; which one?	
Did you go to an information-evening regarding the delivery, and if yes; which one?	
Who do you wish to have present during your delivery, next to your health care professional?	
Do you have specific wishes towards the support of your midwife?	
Do you have a preference for a specific position during labour?	<ul style="list-style-type: none"> <input type="radio"/> Laying on the bed <input type="radio"/> Half-sitting on the bed <input type="radio"/> Sitting at a birthing chair <input type="radio"/> In a bath <input type="radio"/> On hands and knees <input type="radio"/> Other, please specify
Do you have any thoughts regarding pain-medication during your delivery?	
Do you have specific point of attention you would like us to know before your delivery?	
Do you have certain wishes regarding your new-born baby and/or placenta?	
Do you have certain things you do not look forward to regarding your delivery? If yes, please specify.	