



Twin Birth Plan Worksheet

Who would you like to be there on delivery day:

Partner: _____

Relatives: _____

Friends: _____

Doula: _____

If possible while I'm in labor, I would like...

____ Music: (Type) _____

____ The lights dimmed

____ To wear my own clothing

____ To take photos or film my birth

____ To move around as much as possible

____ As few vaginal exams as possible

____ To eat and drink (as directed by my doctor)

____ Aromatherapy

If the babies and I are in no danger:

____ I'd like to have intermittent, rather than continuous, fetal monitoring

____ I'd like to be allowed to labor free of time limits

If possible I'd like to be offered:

____ A birthing stool ____ A squatting bar

____ A birthing chair ____ A birthing pool

I'd like to try the following pain management techniques:

____ Breathing/Distracton ____ Bath/Shower

____ Self hypnosis ____ Massage

____ Acupressure ____ Meditation

____ Please don't offer me any pain medication unless I request it

____ If possible I'd like a heparin or saline lock

My goal is to:

____ Breastfeed exclusively

____ Combine Breastfeeding and supplementing with formula

____ Formula feed exclusively

If I am unavailable to breastfeed, please offer my babies:

____ Formula ____ A pacifier

____ Sugar water

If one or both of my babies are boys:

____ I'd like him/them circumcised at the hospital with anesthesia if possible

____ I'd like him/them circumcised later

____ I don't want him/them circumcised

People I'd prefer were not there:

If I end up having a Vaginal Birth:

____ I'd like to view my birth using a mirror

____ I'd like to feel my babies heads while crowning

____ The room to be as quiet as possible

____ To risk a tear rather than have an episiotomy

____ To breastfeed my babies as soon as possible

____ Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)

If I end up having a C-Section:

____ I'd like to have my partner present at all times

____ I'd like the screen lowered a bit so I can see my babies the moment they are born

____ I'd like the babies to be given to my partner as soon as they are ready

____ To breastfeed my babies as soon as possible

____ Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)

____ I'd like my hands free so I can touch my babies

____ I'd like the surgery to be explained to me as it happens

Immediately after delivery:

____ All newborn procedures to take place in my partner's presence

____ To hold my babies right away (if possible) putting aside any procedures that are not urgent.

____ To breastfeed as soon as possible

____ To wait until the umbilical cord stops pulsating before it is clamped and cut.

____ I'd like my partner to cut the umbilical cord

Postpartum:

____ To be in a private room

____ To be in a shared room

____ To be in a shared room by the window

I'd prefer if my babies:

____ Roomed with me 24 hours a day

____ Room in with me only when I am awake

____ My babies to be brought to me for feedings only

____ I'll base my decision depending on how I am feeling