



CAESAREAN SECTION BIRTH PLAN

Childbirth does not always go as we would like. Sometimes, having a caesarean is inevitable, so it is best to discuss the possibility with your doctor, midwife or specialized nurse practitioner (SNP). The more information you have, the easier it is to make informed choices and the more positive your experience will be.



1 MY NAME IS:

DURING MY DELIVERY, I WILL BE ACCOMPANIED BY:

2 PREFERENCES PRIOR TO THE CAESAREAN SECTION:

- Shave only where the incision will be made
- Insert the urinary catheter after I've had my anaesthetic so that it's less painful
- Epidural or spinal analgesia so that I'm conscious during the procedure
- Medication to help me relax during the procedure

3 ADDITIONAL PREFERENCES:

- Birth partner present in the operating room
- Running commentary on how the procedure is going
- No restraints on the operating table, or at least none during the birth so that I can touch my baby
- Drapes lowered so I can see my baby
- Mirror ready so I can view the birth
- Birth partner cuts the umbilical cord

4 POSTPARTUM PREFERENCES:

- Opportunity to see, touch, and hold my newborn baby skin-to-skin before being taken to the recovery room
- Baby and birth partner to stay with me in the recovery room
- Go back to my room as soon as possible so that I can begin the rooming-in process
- Birth partner to stay with me as much as possible

5 IF BABY IS DOING WELL AND DOESN'T NEED SPECIAL CARE:

- Bring my baby to me immediately to initiate skin-to-skin contact
- Have my birth partner hold my baby if I'm not ready
- Perform all non-urgent checks in the presence of at least one parent and on me if possible
- Do not bathe my baby right away, as I would prefer to give the first bath myself
- Have my birth partner take over for any checks and skin-to-skin contact if it is absolutely impossible for me to stay with my baby

6 PREFERENCES REGARDING FEEDING:

- Breastfeed as soon as possible (no infant formula)
- Breastfeed as soon as possible and use infant formula only with my permission
- Infant formula
- Breastfeeding support, as the first few days may be difficult for me due to the caesarean
- Visit from a lactation consultant if I am having difficulty breastfeeding

7 PLEASE NOTE THE FOLLOWING ADDITIONAL INFORMATION:

Signature of mother

Signature of partner

Signature of doctor, midwife or SNP