UI Health Birth Preference List

We are excited you have chosen to deliver at UIH. Below are options for your care that you may consider prior to your birth. These options may be reviewed with your provider at anytime during your prenatal care visits. Please bring a copy of your preferences with you to Labor and Delivery.

Support team

1. _____

2. _____

Doula

1. _____

What techniques for comfort are you interested in utilizing?
- ☐ Hydrotherapy
- ☐ Squatting bar
- ☐ Birthing ball
- ☐ Breathing exercises
- ☐ Movement
- ☐ Application of heat or cold compresses
- ☐ Dim lighting
- ☐ Visualization/Focal Points

What items from home for comfort are you planning to bring?
- ☐ Blanket
- ☐ Socks
- ☐ Loose clothing
- ☐ Essential oils and diffuser
- ☐ Music/speaker

Which pain medication options will you use?
- ☐ IV/IM medications
- ☐ Nitrous Oxide
- ☐ Epidural

How would you like fetal monitoring to be obtained?
- ☐ Continuous (Continuous monitoring may be highly recommended depending on fetal heart rate, medications, and labor course)
- ☐ Intermittent

After your delivery, which of the following would you like to complete?

- [ ] Delayed cord clamping
- [ ] Skin-to-skin
- [ ] Promotion of breastfeeding

If a cesarean section is needed, what would you like to include during surgery?

- [ ] Support person with you
- [ ] Curtain lowered to see baby
- [ ] Skin-to-skin

How will you feed your baby?

- [ ] Breast milk
- [ ] Formula

What aspects of care will your newborn receive?

- [ ] Erythromycin eye ointment
- [ ] Vitamin K injection
- [ ] Hepatitis B vaccination
- [ ] Hearing screen
- [ ] Pacifiers
- [ ] Newborn bath
- [ ] Circumcision

We take every opportunity to honor your preferences. Cesarean sections may be required for reasons such as a baby that is not positioned head down, non-reassuring fetal heart tones, arrest of dilation, or arrest of descent while pushing. While this may differ from the preferences laid out above, we assure you your providers will continue to work to include your preferences. Your health and safety and the health and safety of your baby are our primary goals.