

## **In case of a Transfer**

It is our hope that in the case of a transfer that we are informed of our rights of informed consent and refusal.

That my partner remains with me at all times.

That my midwife be a part of the birth team and is allowed with me at all times.

That my doula be allowed to be with me.

Access to shower, birth ball, etc.

Intermittent monitoring in an upright position, if possible.

Clear fluids at will.

Follow a physiological approach as much as possible, with gentle pushing.

If possible to assume a non-supine position for birth i.e. sitting, squatting, hands and knees.

Allow me to either see my baby crowning with a mirror or touch my baby's head.

My partner to assist in the 'catching' of the baby if possible.

Please delay cord clamping until it has stopped pulsating.

Please allow the baby to clear airway itself before suctioning, i.e.: no routine suctioning.

Baby to be placed skin to skin after birth, and to have as little separation as possible between mother and baby.

Delay eye antibiotics for one hour.

24 hour rooming in, if possible all exams and weighing done in the mothers room. My partner to spend the nights with me.

Absolutely no bottles or pacifiers.

Please do not bath my baby.

## **In case of the need for a Cesarean Birth**

Spinal Anesthesia preferred or an Epidural.

Urinary Catheter to be placed in the OR after spinal/epidural is in place.

With all due respect, I would greatly appreciate that the surgical team refrain for extraneous conversation.

No analgesia or sedatives in the IV.

My partner to remain with me at all times.

When the baby is born my partner to be with the baby.

After the baby is stable to have the baby with me.

My arms free to hold the baby.

One hour delay in eye antibiotics.

If possible a private room and my partner to spend the nights with me.

24 hour rooming in, if possible all exams and weighing done in the mothers room.

Absolutely no bottles or pacifiers.

Please do not bath my baby.

As soon as possible I would like to:

Discontinue the IV.

Discontinue narcotic pain relief and begin Ibuprofen.

Have fluids and food

## Things to remember

Overnight bag of personal items

Don't forget, nursing night gowns and slippers

baby clothes

clothes to come home in

camera

extra pillows

energy drinks and snacks.