

My Birth Plan at the First Touch Birth Center

In your last month of pregnancy, please call the Birth Center to schedule a Birth Plan review and tour: (507) 646-1205. Feel free to write in your preferences and questions so we can get to know each other well and optimize your birth experience.

--The Staff of the First Touch Birth Center

During your tour, a nurse will review: When to call/come to OB

Monitoring/ Labor routines Delivery expectations Cesarean Birth
Newborn Security Visitation/ Postpartum Care Discharge Home/ Carseat

Name: Labor Support Person:
Your Due Date: Name of your OB Provider:
Your Baby's Last Name:
Baby care: Name a doctor:

While your baby is in the hospital, your baby will be seen by a provider from one of these two clinics.

Please choose one.

FamilyHealth Clinics: Northfield, Lakeville, Farmington, Lonsdale
 Allina: Northfield or Farmington Other:

I have learned about childbirth through: Family/ Friends Websites
 Childbirth Education Class Lactation Class Books
 Doula (trained birth coach for fee) I would like a list of local doulas.

Comfort Measures available for you here at the First Touch Birth Center:

- Each of our labor rooms has a rocking chair and whirlpool tub with shower/ chair. Other comfort measures available include: Birthing ball, dim lighting, heat/cold therapy, kneeling/rocking on a floor mat, music-CD/ipod player, squatting bar, wearing your own clothes/PJs if desired.
- You may want to bring your own pillow, rice pack, lip gloss, etc.

Medical Comfort Measures: Prefer None Undecided Please review options.
 Fentanyl /Nubain (IV pain medication) Epidural/Intrathecal Nitrous Oxide
 Only if I ask for it. As soon as possible. Periodically remind me of my options.

I would like: My labor support person to cut the cord. Use of a mirror stand to view the birth.
 Older children present. Name: Age:
Support person for child:

(This person needs to be able to stay with the child at all times)

* Video Recording is only allowed after delivery of the baby, per hospital policy.

I need my caregivers to know:

Tdap vaccine (tetanus, diphtheria, pertussis) is recommended for new parents to help prevent them from getting pertussis (whooping cough), a bad lung infection, as well as prevent transmission of pertussis to the newborn. If you and your partner have not had the Tdap as an adult, you can receive it before going home from the Birth Center.

Decline the Tdap.

I would like the Tdap.

My partner may consider the Tdap and/or Flu vaccine.

Hepatitis B Vaccine for Newborn: Yes No

(Please review "What You Need to Know" MN Dept of Health recommendation on our website www.northfieldhospital.org)

