

A C-Section Birth Plan



If Dr _____, the anaesthetist or pediatrician feels there's an emergency or good reason not to follow the below, that's fine, just explain to us what's happening. Thanks!

General

Birth Partner(s):

Pain Relief

- I'd like medication to relax me before the op

Pain relief for the surgery

- Spinal block
- General anaesthetic?
- Are you allergic to any anaesthetics, like morphine or pethidine?

Pain relief after the surgery

- Please give me the pain relief that will have least impact on my baby when breastfeeding.

In Theatre

Environment:

- I'd like my own music to be played in theatre.
- If the massively loud and bright theatre room can be made slightly less scary on a sensory level, that would be great.

Catheter:

- Can it be inserted after the spinal block has taken effect?
- I'm allergic to latex. Please don't use latex surgical gloves.

Forceps:

- I'm okay with them being used if necessary

Screen:

- I'd like the screen be lowered slightly at the point of delivery so we can see our baby born.

Photos:

- Can we take photographs/video when baby is delivered and being weighed?

Umbilical cord & placenta:

- Please offer my birth partner the option to cut the cord
- Please don't cut immediately, but wait until after it has stopped pulsating.
- We would like to take the placenta home with us.

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After Delivery

Skin-to-skin:

- I want the baby to be put on my chest immediately or as soon as possible before being taken away for tests or weighing.
- I would like the tests to be performed while baby's lying on my chest.
- If not, I would like them to be conducted in the room.
- I'd like her temperature, breathing and heart rate to stabilise on my chest while the rest of the surgery concludes.
- I'd like her to be introduced to my breast as soon as possible – within an hour at the latest – even if she doesn't drink.
- I'd like to attempt the breast crawl.
- My birth partner would also like to hold the baby skin-to-skin against his chest.
- If possible, please don't separate the 3 of us.

Bath:

- We'd like baby to be bathed immediately.
- We'd like to bath her the day after birth, if possible. Please don't try to remove the vernix – we'd like it to be absorbed into her skin over the next day or so.
- We'd like to bath baby at home.

Rooming-in:

- I'd like baby to room-in with me.
- I'd like baby to be sent to the nursery.

Feeding

- I want to try to breastfeed exclusively. Wake me up for feeds. No formula at all.
- Don't give baby a dummy or water – I want her to only suckle on my breast in the beginning.

In case of emergency care:

- We want to visit baby as often as possible, dad included.
- I still want to breastfeed exclusively, if possible, otherwise breastmilk can be given to her with a cup or through a little pipe if needs be.
- We'd like to be able to hold baby and do skin-to-skin.
- If baby is transported to another facility, move us as soon as possible.