

## Congratulations!

**My OB or Nurse Midwife's name is:**

**The pediatrician I have chosen is:**

[illegible]

## Environment

A relaxing, nurturing environment can help you have a positive birth experience. We have ambient music available on the television in each labor room, lavender oil for aromatherapy, and other amenities to help put you at ease. You can choose who stays with you during delivery. Let us know your preferences:

- I prefer the lights in the room to be dimmed.
- I want to limit the number of guests and phone calls I have while I'm in labor by disconnecting my phone and placing a do not disturb sign on my door.
- I would like the hospital staff to help me limit visitors during labor.
- I would like to be offered essential oils.

## Coping with Labor

You can choose from many options for coping with labor. We recommend being out of bed as much as possible (walking or rocking, for instance). Let us know your preferences to help with this very special time in your life.

- I prefer intermittent fetal monitoring instead of continuous monitoring, if safe for my baby while
- I would like to use a birthing ball, labor stool, peanut (an inflatable ball shaped like a peanut) or other assistance device if available.
- I am open to discussion with my care team on pain medication and management.
- I prefer not to be offered pain medication. I will ask for it if I need it.
- I plan on an epidural (a local anesthetic to help block pain below the waist) for pain management.

## Delivery

El Camino Health supports family bonding by placing babies on the chest for skin-to-skin contact as soon as possible after delivery. In the second stage of labor we provide a warm compress to decrease the risk of perineal tearing. It is not standard to cut an episiotomy, but this is done if there is a specific need to facilitate immediate delivery. A vacuum to avoid cesarean section is done only if an emergent need arises. We practice delayed cord clamping for 60 seconds whenever possible. We are here to support you through the birthing process.

- I do / do not (circle one) plan to have a certified birth assistant/Doula to assist me during my labor and delivery.
- I would like to be present and awake when the nurse shift changes, so I can talk to the nurse who will be caring for me and my newborn.
- I prefer to choose what position I will be in when I am ready to push such as lying on my back, semi-sitting, squatting, lying on my side, or on my hands and knees if clinically appropriate for my delivery.
- I would like a mirror available so I can see my baby being born.
- I would like to touch my baby's head as it crowns.
- I would prefer my baby to be lightly dried off before being placed on my chest.
- If possible, I would like the cord to be cut by my partner or support person.

## Infant Care

Three standard medications recommended by all pediatricians are administered in Labor & Delivery. These are:

- **Hepatitis B vaccine** — To prevent Hepatitis B, which can occur without symptoms and lead to liver damage and liver cancer.
  - **Vitamin K shot** — To provide protection against bleeding that could occur because of low levels of vitamin K in infants.
  - **Antibiotic eye ointment** — As a preventive measure against potential risk of severe eye infection.
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- I would like my baby to receive all three of these medications.
  - I decline to have my baby receive:
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- I plan to have my baby's cord blood collected at birth and will obtain a cord blood collection kit prior to admission. (El Camino Health does not provide cord blood collection kits.)

## After Delivery

Your care team will support your decision when it comes to feeding your newborn. Should you decide to breastfeed, all our maternity nurses are trained in lactation support and will help you get started. We also have expert lactation consultants — registered nurses who are International Board Certified Lactation Consultants (IBCLCs) — to provide an extra level of support. To request to see a lactation consultant, just ask your nurse. Let us know your preferences:

- I plan to exclusively breastfeed while in the hospital and would like to be involved in the discussion if my nurse or doctor thinks my baby needs formula.
  - I plan to both breastfeed and feed with formula while in the hospital.
  - I plan to exclusively feed with formula while in the hospital.
  - If needed, I would like to be offered bank donor milk, instead of formula.
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- I would like the hospital staff to help me limit visitors after delivery.
  - I would like to be present and awake when the nurse shift changes, so I can talk to the nurse who will be caring for me and my baby.
  - I would like to see a social worker while in the hospital.
  - If my baby/babies must be taken to receive medical treatment, they should be accompanied by my partner or other adult named:
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