



Epidural Birth Preferences

Thank you for your support on this special day and your help in avoiding potential nerve/pelvic organ/pelvic floor injury from common practices used with an epidural. My partner (and doula) will remain with me in the room while the epidural is being administered for emotional support.

I will be using the GentleBirth App during and after the administration of the epidural to help me remain calm and focused during the procedure.

Labor

Please provide me with a peanut ball and allow for frequent position changes during the first stage of labor. I may request that the epidural infusion is turned down to allow for more effective pushing.

As long as my baby and I are well I prefer to labor down and not start any active pushing until my baby is at +2 station to reduce exhaustion.

I prefer a mother led non coached 2nd stage if I can feel the urge to push.

If I have adequate control of my legs I would like to try various positions including hands and knees. My partner and doula will assist.

If available please provide a squat bar to assist in my pushing efforts in an upright position to avoid being on my back.

****To create more space for my baby my ankles need to be further apart than my knees for internal rotation of my femur bones. If my knees are further apart than my ankles the space at the pelvic outlet is reduced.**

****In the event stirrups are necessary please move my legs simultaneously with another staff member or my partner when lifting in and out of stirrups. Please keep in mind the position of my ankles to create more space.**

To reduce the risk of back/pelvic injury please do not direct me to pull my legs back or for my partner to push my head forward.

I prefer no vaginal stretching or massaging of my perineum.

Please do not use mineral oil, baby shampoo or any lubricant on my perineum.

When my baby's head is visible please apply a warm compress to my perineum to reduce the risk of perineal trauma. I am aware that I will be unable to gauge the temperature of the compress so please test it on my arm first.

I do not consent to an episiotomy without briefly discussing the medical necessity first.

I would appreciate your expert guidance to focus as my baby's head crowns.

Please do not suction my baby on the perineum routinely.

Assisted Birth

If instruments are required to assist my baby and a vacuum is being considered I understand an episiotomy is unlikely to be necessary.

If a forceps is advised I would like the most senior Obstetrician to perform the procedure.

To be discussed prenatally with staff.

If a forceps is recommended and there is time I would prefer that my baby is born by cesarean birth

Suturing

Please ensure I have adequate analgesia for any suturing that may be needed and keep me covered until suturing is about to begin and
Please only place my legs in stirrups right before suturing is about to begin to avoid the risk of blood clots.

Thank you for your support on this special day.