



## Birth wishes

### Preparing for childbirth

Every woman is unique and prepares for childbirth in her own way. How you prepare for childbirth depends on a variety of circumstances. If you already have a child, you may view childbirth differently than a woman giving birth for the first time.

Some women like to quietly wait and see how labor goes. Others like to think about possible wishes around their delivery. For these women, we have developed a birth wishes format. This format is an aid. Birth wishes can take any form that suits your wishes!

It is good to realize that childbirth often does not go exactly as you imagined it in advance. If you try to go into labor with an open mind, you have the biggest chance of having a positive experience.

We like to think with you in setting up your wishes. You can therefore bring your birth wishes to the consultation or email them to [info@vcbw.nl](mailto:info@vcbw.nl). We will discuss your wishes with you step by step during the consultation. Also put the document in your delivery bag.

## Usual Guidance

Once labor has started, we will first visit you at home. If you want to give birth in the hospital, we usually go there when there is about 5 cm dilation. Of course, this can vary from situation to situation. In the beginning of labor we sometimes leave for a while, from 5 cm dilation we often stay nearby.

Both in the Birth Center Sophia and in the Franciscus Gasthuis you can use a skippyball (during dilation) or a bar stool (during pushing). You can also use the birthing pool at both locations. However, a fee must be paid for this. During childbirth we will not ask you if you want pain relief. If you ask for painkillers, we will discuss the options and use them if desired. With most forms of pain relief, the care of delivery is then transferred to the gynaecologist.

When the baby is born, it comes directly to the mother's chest and stays there for the first hour. We call this the Golden Hour. If desired, we try to put the baby on the breast during this time. The umbilical cord is cut (if there are no complications) after 3 minutes at the earliest. This is also the case when you give birth under the supervision of the hospital. If circumstances prevent the baby from coming to your breast, we aim for the baby to come to your partner's bare chest.

Low-threshold, we give an injection of oxytocin in your thigh, this is to reduce blood loss and help the placenta be born faster. This injection is always administered in consultation with an explanation of why we are doing this.

If you have wishes that differ from the usual guidance, please mention it in this document. Also, if you have certain rituals surrounding the birth of your baby, there is space to write this down.

Birth wishes of: \_\_\_\_\_

### Location

First preference for location of delivery:

☐ Geboortecentrum Sophia

☐ Franciscus Gasthuis

☐ Other, namely: \_\_\_\_\_

Wishes about the space and atmosphere:

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### Support

Who would you like to be supported by?

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When will they be present?

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What can help you?

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Other wishes about support:

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### Communication

Would you like the midwife to involve you in the procedures and possible interventions?

☐ Yes

☐ No

If you are incapable of making decisions, who gets to make them for you?

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Other wishes about communication:

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## Previous childbirth(s)

How did you experience your previous delivery(s)?

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Is there anything you are concerned about right now (for example, vaginal touching, rupture of membranes, cutting (episiotomy), suturing, etc.)?

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## Contractions and pushing

Have you taken any pregnancy classes?

- ☐ Yes  
☐ No

If yes, which one? \_\_\_\_\_

In what position(s) would you like to handle contractions?

- ☐ Different positions  
☐ Walking  
☐ Massaging  
☐ Warm bath/hot shower  
☐ Different breathing techniques  
☐ Other, namely \_\_\_\_\_

In what position(s) would you like to push?

- ☐ Different positions  
☐ Lying down in bed (back, side)  
☐ Sitting on the birthing stool  
☐ On hands and knees  
☐ In the birthing pool  
☐ Other, namely \_\_\_\_\_

## Pain relief

Do you have the wish to use painkillers prior to delivery?

- ☐ Yes  
☐ No

Which medication for pain do you prefer?

- ☐ Epidural (at both Erasmus MC and Franciscus Gasthuis)
- ☐ Remifentanyl (infusion with painkiller, only in Franciscus Gasthuis)
- ☐ Laughing gas/ nitrous oxide (at both Geboortecentrum Sophia and Franciscus Gasthuis)

### Just after birth

Would you like to see the placenta?

- ☐ Yes
- ☐ No

Do you want to preserve the placenta?

- ☐ Yes
- ☐ No

What food do you want to give to the baby?

- ☐ Breastfeeding
- ☐ Bottle feeding

Can the midwife give vitamin K to the baby (liquid in the mouth)? This is necessary for proper blood clotting.

- ☐ Yes
- ☐ No

### Other wishes

Do you have additional wishes or rituals that are good for us to know about?

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