

Dianatal® Birth Plan Template



Personal Details

Name

Name you like to be called

Hospital / birth centre number

Due date

Location details

Hospital / Birth Centre Name

Name of preferred unit / room

Highlight here if you have reserved a room or prefer to stay in the midwife led unit if possible

Birth Partner

Name

Would you like your birth partner to be with you throughout your labour?

- Yes Not necessarily

Stage I labour

Equipment

List here the equipment you would like to use that is available to you in your chosen birthing centre. E.g. birthing ball / tens machine / pool.

Would you like to use Dianatal® Obstetric Gel to help ease vaginal delivery and help protect your perineum?

This should be discussed in advance with your midwife or health professional

- Yes, if possible No

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DIANATAL®
obstetric gel



Would you like to remain active during your birth?

This should be discussed with your midwife. Please note if it is important to you to keep active during your labour

- Yes if possible I don't mind

Would you like pain relief during your labour?

- Yes No I would like to discuss with my midwife

What pain relief choices would you like access to during your labour? (tick all that apply)

- Tens machine Gas and air Epidural Pethidine / diamorphine
- Birth pool Birth ball
- Alternative (please specify)
e.g. massage / hypnotherapy

Stage II labour

What positions would you like to try during the pushing stage of labour if possible?

- Standing Squatting Kneeling Birth stool
- Sitting In bed Side lying Birth ball
- Birth pool Alternative (please specify)

Other birth preferences

Highlight any other strong preferences you have here, such as avoidance of certain pain relief options if possible





Episiotomy

The possibility of an episiotomy should be discussed with your midwife. It may be useful to note your feelings about episiotomy here.

Stage III

Placenta delivery

Your midwife may offer you an injection of Syntometrine or Syntocinon into your thigh after you have given birth. This can help to speed up the delivery of the placenta and help to avoid heavy bleeding which some women may experience. You should discuss this with your midwife in advance and indicate here whether you are happy to receive the injection.

- I am happy to receive this I would prefer not to receive this

How would you like your baby to be given vitamin K?

Vitamin K is necessary to make the blood clot properly. Some newborn babies have too little vitamin K and to protect your baby you will be offered for your baby to be given vitamin K either by injection or mouth. You should discuss this process with your midwife in advance and indicate your preference here.

- By injection Orally I don't mind

How are you planning to feed your baby?

- Breast feeding** **Formula feeding** **Combined breast and formula feeding**
 I don't know yet

Do you have any special needs to highlight during your stay in hospital?

These may be related to diet, religion or disability - if so please specify

For more information on Dianatal Obstetric Gel please visit www.theurologyco.com. Product available on Amazon.

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