



BIRTH PLAN

Name and social security number: _____

Estimated date of delivery: _____

Name of accompanying person: partner _____

other supporting person _____

doula _____

The purpose of the birth plan is so that you can express your thoughts about your coming childbirth and stay in the maternity ward. It makes it easier for the staff at the maternity ward to give you personal treatment and good care. We try as far as possible to meet your wishes, but it is also important that you understand that sometimes situations arise in which it is not possible to follow every wish.

It is a good idea to write your birth plan together with the person who will accompany you and be present at the birth, so that he/she understands your wishes. You should take the birth plan with you when you visit the midwife at the maternity unit after your last ultrasound.

1. Describe in brief your pregnancy

2. How do you feel about the coming childbirth?

3. How afraid are you on a scale from 1-10, where 1 is not afraid at all and 10 is the worst possible fear?

1 2 3 4 5 6 7 8 9 10

4. Have you previously given birth and have experiences you would like to tell us about?



5. Is there anything that would be useful for us to know about you or your partner/support person?

6. What are your thoughts about pain and pain relief, e.g. natural methods, laughing gas, epidural anaesthetic, or "take it as it comes"?

7. What sort of support would you and your partner like from our staff?

8. What are your thoughts about breast-feeding? Do you have any previous experience that you would like to tell us about?

9. What kind of support would you like to receive after the birth?

10. Further questions:
