

My Birth Day Preferences

Welcome to California Pacific Medical Center! The events surrounding the birth of a child create memories that will remain with you for a lifetime. Thank you for choosing CPMC as your place of birth and including us in this special and exciting time. We encourage you to take classes offered through Newborn Connections ([sutterhealth.org/newborn-connections/](https://www.sutterhealth.org/newborn-connections/)) to help you prepare for your birth and caring for your baby. You will also find useful information on our website: <https://www.sutterhealth.org/services/pregnancy-childbirth>.

Below is a list of common situations that are encountered during the birth of a child. We want to share our customary practices at CPMC so that you will have an idea of what to expect when you are admitted. We hope this provides a framework for discussion to help you and your partner identify your feelings and desires for this special day. Please begin to think about these issues and discuss them with your care provider. Bring a copy of this preference list with you to the hospital and share it with our staff.

Date: _____

Name: _____ Support Person(s): _____

All visitors will need to stop at security and get a pink visitors pass. Please list below the individuals that you would like to allow to be present during your labor as long as your medical condition permits. This list will be used when visitors arrive after hours and enter through the emergency department entrance.

* Do you have religious, cultural, or spiritual preferences that you would like to incorporate into your birth experience?

Comments: _____

Labor & Birth

1. Early labor is sometimes a lengthy process. During this time, it is very important for you to be able to move freely, change positions, and eat light snacks. In most circumstances, home is a much better place for early labor. Do not be discouraged if upon the first exam in OB Reception you are asked to walk for a period of time or even to return home. Occasionally, a medication can be provided to help you rest if you are sent home.

Comments: _____

2. All of our Labor & Delivery Rooms are private and have showers. Mission Bernal L&D rooms have baths. We encourage you to bring your favorite music with portable speakers; dim the lights to create a relaxing environment and change positions as you need for comfort.

Comments: _____

3. It is important to stay well hydrated during your labor and so we encourage you to drink clear liquids during this time. We provide ice chips, water, juice, broth, tea, and Jell-O®. You may also wish to bring hard candy for yourself and snacks for your partner.

Comments: _____

4. Every baby's heart rate is monitored externally on admission to Labor and Delivery. If the baby's heart rate is within normal limits, then you may be monitored intermittently. Sometimes continuous monitoring becomes medically necessary for the safety of baby and mother.

Comments: _____

5. We support a range of non-medication options for pain management including walking, massage, rocking chairs, birthing balls, etc. What other options are you considering?

Comments: _____

6. Walking around and being upright is helpful for the progress of labor. If labor does not progress, you may need additional help such as breaking the Bag of Waters or administration of Pitocin. Pitocin is the same hormone that your body produces during labor. If this is necessary, we start Pitocin at the lowest dose and increase gradually while continuously monitoring the baby. Your care provider will discuss with you which option(s) are the most appropriate.

Comments: _____

7. For pain medication, we offer two options that are both safe for the baby: 1) a rapid acting short term narcotic (either IV or intramuscularly); and 2) epidural anesthesia (pain medication in the lower back). Epidural medication is provided by on-site anesthesiologists and is available 24 hours a day. With an epidural, your blood pressure will be monitored continuously; you will not be able to walk around; and may have diminished sensations of the need to urinate. A catheter is sometimes necessary to help empty the bladder. Your baby's heart rate will be monitored continuously. Even if you do not plan to have either of these options, it is good to know about them before you go into labor. Discuss with your doctor or midwife if you have questions about pain medication.

Comments: _____

8. Episiotomies, forceps and vacuum births are not routinely performed at CPMC; however, it may become medically necessary for the safety of baby and mother.

Comments: _____

9. Should a cesarean birth become medically necessary, you will likely be awake and your support person can remain with you for the birth. You and your partner will be able to hold your baby immediately as long as everyone is in good health. On rare occasions, you may need general anesthesia. In this circumstance, you will be asleep and your support person will be asked to wait outside the operating room during the procedure.

Comments: _____

10. We appreciate the importance of capturing the birth of your baby with picture or video. To protect the privacy of other patients as well as the team caring for you, we require that you ask permission from your caregivers or any other staff before including them in pictures. Video and audio recording are not permitted during medical procedures, including during an epidural or Cesarean section. We recommend you discuss your plans with your obstetric provider and any others involved in your care.

Comments: _____

Recovery Period

11. Delayed cord clamping is our standard practice. Immediately following a vaginal birth, we place the baby on your chest to start skin-to-skin. If your support person desires, they will be able to cut the umbilical cord.

Comments: _____

12. For security purposes, matching identification bands will be given to the baby, mother and one designated support person. Our staff will discuss the Infant Security System with you.

Comments: _____

13. It is very important that we are able to contact your baby's health care provider so please come to the hospital knowing your pediatrician's name and contact information. Doctors or nurse practitioners from CPMC's Well Baby Service are available to take care of your baby in the hospital, 24 hours a day, if your baby's pediatrician does not have privileges at CPMC or has asked us to take care of your baby.

My baby's health care provider is: _____

Phone: _____

Address: _____

14. The recovery period is a time of transition. You will stay in the Labor and Delivery room while we monitor the safe transition for you and the baby. During this time, the new parents and baby stay together as much as possible. The baby will be receiving standard medications such as Vitamin K (to help blood clotting), Erythromycin ointment to the eyes (to prevent infection), and a Hepatitis B vaccination (to prevent a serious liver disease).

Comments: _____

15. We support your decision to breast or bottle feed your baby. While there are many studies demonstrating the health and social advantages of breastfeeding, each family has its unique needs. Whether you choose to breast or bottle feed, our nursing staff are here to support you in successfully feeding your baby.

Comments: _____

Postpartum

The postpartum period is a time not only to rest and recover, but it is also a time for you and your baby to learn about each other. Our staff is here to provide education that prepares you to care for yourself and your baby, be sure to ask any questions you may have.

16. At CPMC, we encourage baby and new parents to stay together as much as possible. The baby will be transferred with you to the Mother-Baby unit where we support rooming-in to promote bonding. We encourage you and your baby to stay together as much as possible throughout your hospital stay.

Comments: _____

17. Please let our staff and your pediatrician know your preferences regarding the use of pacifiers.

Comments: _____

18. Newborn circumcision is only done by parents' request. The circumcision is scheduled after the pediatrician has examined the baby and after you have signed the informed consent. Please discuss the procedure with your Pediatrician and Obstetrician.

Comments: _____

19. Are there any other preferences or requests that you'd like to share with us?

Comments: _____

Our desire is to honor your preferences for your birth experience. The health of you or your baby necessitates flexibility and collaboration with the health care team.

I have had the opportunity to review My Birth Day Preferences with my Health Care Provider.

Mother-to-be signature: _____ Date: _____

Health Care Provider signature: _____ Date: _____



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