

# Cesarean Birth Wishes

## Cesarean Birth Wishes

What's written below is an expression of our wishes at this time. Our intention is to birth our baby in the most loving and gentle way. We thank you in advance for your expertise, support and guidance.

- Name: \_\_\_\_\_
- Mobile: \_\_\_\_\_
- Email: \_\_\_\_\_
- Birth Partner's Name \_\_\_\_\_
- Due Date \_\_\_\_\_
- Name of obstetrician /  
midwife: \_\_\_\_\_
- Other birth-support (doula/other  
family) \_\_\_\_\_

## Environment:

- Please allow my husband and /or doula to remain with me for the entire surgery.
- If possible we'd like to have quiet music of our choice playing in the theatre or in my headphones.
- We'd really like to create a calm and relaxed environment with minimum conversation that is not related to the birth.

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## Anesthesia:

- I would like my partner to be present for the epidural procedure.
- I would prefer my partner / support person to be close by if a general anaesthetic is being used.
- I wish to be alert and conscious for the birth of my baby, if possible.

## Birth:

- Please lower the draping to allow me to see my baby being born.
- I would like (or do not want) the surgeon to give me a running commentary of the operation to let me know what is happening.
- I would like my partner to engage me in conversation, OR I would like to listen to music through my headphones to help me relax during the birth.
- Please allow photographs or video of the surgery and birth.
- We prefer that no one announce the sex of our baby. We would like to discover this ourselves.

## After the Birth:

- We'd like to discuss delayed cord clamping and the options available so that our baby is able to receive the placental transfusion.
- Presuming our baby is able, we'd like him or her to be given to myself, or my partner as soon as possible after birth, preferably naked for skin-to-skin contact, but covered with a warm blanket.
- If our baby must be taken out of the operating theatre, please keep him / her with my husband or doula.
- I'd like to have my baby join me as soon as possible in recovery.





- I would like to have my placenta kept for me to look at (when convenient) **OR** I would like my placenta kept so I can take it home.
- We do not want our baby bathed after the birth.

In the absence of complications, we ask that the above requests be honored.  
Thank you for your support and cooperation.

Parent's signature -----

