

**Birth requests**  
**In Case of Cesarean**  
**Mother: Jane Doe      Father: John Doe**  
**OB: Dr. Joe Smith**

Thank you for taking a few minutes to read our birth requests. We know birth is unpredictable and we will accommodate as needed. However, our ideal birth is one in which you help me deliver my baby in a gentle and supportive environment. We wish to have as natural of a childbirth as possible, so please don't offer pain medication. If we change our mind, we will let you know. Thank you for understanding!

**During delivery:**

Our preferred anesthesia is an **epidural or spinal block**. We wish to avoid the use of **morphine** in the analgesia, and avoid general anesthesia.

The mother would like to have the **father in the operating room at all times**.

Please allow **freedom of movement and a clear sheet** so mother can watch the delivery.

Please **delay cord clamping** unless absolutely necessary.

Please **double-stitch all incision sites** to allow for a VBAC at our next birth.

**After delivery:**

After the cord stops pulsing and is cut, please **give the baby to the mother** for skin-to-skin contact immediately.

We would like the **father to stay with the baby at all times**. Please allow the baby to stay with the mother in the recovery room.

For pain management, please **use toradol or an on-q pump**.

Please allow **full rooming-in**.

Please **delay all newborn procedures**, and please check with us before any routine procedures are performed.

*Thanks again for your kind and thoughtful attention to our requests.!*

Sincerely,

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Parent's signatures

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Doctor's signature