

Birth Plan

Updated 9/20/2016

Personal Information

Name: Mackenzie Ariana Reagan

Partner's Name: Alfred Orion Leonhart

Due Date: October 1, 2016

Doctor: Cyndee Ayson-Mitchell, M.D.

Pediatrician: Elsa Aguilar-Arbues, M.D.

Hospital Stay

- Hoag Hospital Newport Beach
 - Quiet room
 - Room with a bathtub
 - Wear my own clothing before and after delivery
 - Soft music playing
 - Dimmed lights
- Visitors
 - Immediate family only prior to delivery
- Medical + Nursing Staff
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- Labor
 - Induction
 - I do not want to be induced unless I am over two weeks past my due date.
 - If induction is necessary, I would like to try natural methods first. Non-chemical intervention is preferred.
 - Should medical procedures become necessary, I would prefer to use cervical cream before Pitocin.

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- I would prefer that my amniotic sac rupture on its own.
 - Pain Relief
 - Do not offer unless I ask for them.
 - However, please do remind me when I can last take an epidural so I don't miss the time frame should I change my mind.
 - Pain will be handled using water therapy, relaxation, and massages.
 - Monitoring
 - Intermittent monitoring.
 - Cordless monitoring so I can bathe/move around.
 - I.V. only if dehydrated.
 - No restrictions on fluid intake if possible.
 - Second Stage Labor
 - I will be using The Bradley Method of delivery.
 - I will ask for an enema if I feel I need one.
 - No episiotomy unless there is a medical emergency that deems it necessary.
 - Please use perineal massage to help against tearing.
 - The Delivery
 - I would prefer there be no students/interns in the room
 - Present in delivery room:
 - Alfred Leonhart
 - Phoebe Reagan
 - Name Leonhart
 - Freya Moran
 - I would like to have soft music, of my choice, playing throughout the delivery process.
 - Baby placed immediately on my chest after delivery. No wiping, no washing.
 - No photos/videos during delivery.
 - If a C-Section is necessary, I would like to request the following:
 - The aforementioned individuals present throughout the procedure.
 - Screen lowered during procedure.

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- I would like to remain conscious during the procedure.
 - Baby shown/given to me immediately after birth.
 - Third Stage Labor
 - My partner will cut the cord after it stops pulsating
 - We will be utilizing cord blood banking, and would like to send the umbilical cord to be processed.
 - No Pitocin unless there is a medical emergency.
 - No visitors until in recovery.
 - Newborn Procedures
 - Either myself or my partner will be present with baby at all times unless there is a medical emergency.
 - Baby examined and Apgar performed while she is on my chest.
 - Other routine procedures to be performed two hours after her birth so I can bond and breastfeed.
 - PKU test to be performed twenty-four hours after birth.
 - Baby will be exclusively breastfed. NO FORMULA. (I would like to meet with a lactation specialist as soon as possible after birth.)

In the event of a medical emergency during labor and/or delivery, please refer to advanced healthcare directive on file with the hospital and included with the birth plan.