

Baptist Health Lexington

Birth and Newborn Care Preferences

It is our honor to care for your family during this exciting time. We respect your preferences for your birth experience and hospitalization. Please complete the form below so that our nurses and providers will be informed about your choices. Bring a copy with you to the hospital.

My Name _____ My Due Date _____

My Doctor or Midwife _____ My primary support person _____

My baby's Pediatrician _____

**If your baby's pediatrician does not see babies at Baptist Health Lexington, our pediatric providers will take care of him/her and send his/her hospital records to the pediatrician you prefer.*

Other people I would like to attend my birth, if possible (family member, doula, labor coach, etc.)

Click here for current visitor guidelines: [Visitor Guidelines / Baptist Health Lexington](#)

Childbirth preparation I have participated in prior to birth _____

Pain relief and relaxation during labor	☐ Breathing and relaxation techniques ☐ Walking ☐ Dim Lights ☐ Yoga Ball ☐ Peanut Ball ☐ Squatting Bar ☐ Rocking Chair ☐ Music ☐ Hydrotherapy (tub or shower) ☐ I'd like to wear: ☐ Hospital Gown ☐ My own gown or clothing ☐ Other _____ ☐ Nitrous Oxide ☐ IV Pain Medication ☐ Epidural ☐ Please don't offer medication or an epidural when I'm in labor. If I decide I would like something I'll let you know. ☐ Other:
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Fetal Monitoring: To assess your baby's wellbeing, monitors will be placed around your abdomen to assess the baby's heart rate and your contraction pattern.	○ Continuous fetal monitoring (standard for patients being induced and/or those with epidural anesthesia) ○ Wireless monitor that allows ambulation/movement ○ Intermittent fetal monitoring
IV Access: A saline lock is an IV catheter that is inserted into a vein, flushed with saline, and then capped off for later use if needed. A continuous IV provides fluids continuously through your labor.	○ IV continuously infusing (standard for patients who are induced and/or those with epidural anesthesia) ○ Saline lock
Birth	○ I'd like to utilize the following positions during the pushing phase and birth: ○ My support person and/or I would like to cut the umbilical cord, if possible ○ I'd like to use a mirror for the pushing phase and birth ○ Kangaroo Care immediately after birth ○ I'd like to wait for the cord to be clamped and cut until the cord stops pulsating
Cesarean Birth	○ I'd like for my support person to be with me in the Operating Room ○ I'd like to be able to see over/through the surgical drapes when my baby is born ○ I would like to hold my baby as soon as possible ○ I would like to breastfeed as soon as possible ○ Other
Newborn bathing	○ Please give my baby a bath, anytime is fine ○ Please delay the first bath until I can be present, if possible ○ I prefer no bath for my baby, if possible
Newborn feeding	○ Exclusively breastfeeding ○ Exclusively pumping ○ Formula feeding ○ Combination of breast and formula feeding
Pacifier	○ Please do not give my baby a pacifier ○ It's OK if my baby has a pacifier

Circumcision	☐ If my baby is a boy: ☐ I would like for him to be circumcised ☐ I would not like for him to be circumcised
Other preferences/ Comments	

By law, the state of Kentucky requires all newborns to receive eye ointment within one hour of birth to prevent infection. The law also requires a Vitamin K injection. Vitamin K is an important factor that helps the blood to clot and prevents bleeding. Babies are born with a low level of this vitamin.

You will be asked if you would like for your baby to receive the Hepatitis B vaccine. You can talk to the pediatrician about the best time to start the Hepatitis B vaccine series.

Please review your birth plan with your doctor or midwife.
 He/she can answer questions and help you decide the best plan for you.

Please understand that the staff will do everything we can to honor your wishes. We ask that you keep an open mind and understand that our first priority is to keep you and your baby healthy and safe.

Although many factors may cause the length of your hospitalization to change, after your baby is born you can expect to stay in the hospital for 2 days for a vaginal birth and 3 days for a Cesarean birth.

We look forward to taking care of you and helping you have a positive birth experience.

Reviewed with my doctor/midwife:

Provider Signature

Date