

GENTLE C SECTION BIRTH PLAN

My husband/birth partner and I are looking forward to sharing the birth of our child with you. We have created this family centred/gentle caesarean birth plan in order to outline some of our preferences for birth. We understand that there may be circumstances in which our choices may not be possible, but hope that you'll help us - as far as you can - to make this birth as gentle as possible. Thank you!

Pre Surgery:

To enable skin-to-skin/breastfeeding in theatre, I'd like to:

- wear my gown back to front so it is front opening;
- have my arms and the screen positioned accordingly;
- have ECG dots on my back or away from my chest; and
- having all IVs, straps, etc on my non-dominant arm so that I can touch and hold my baby once he or she is born.

Pls can the catheter be inserted after the anaesthetic has taken effect

During Surgery:

- Please ensure all medications are suitable for breastfeeding.
- I would like to avoid sedatives during/after surgery to be alert as possible after the birth.
- If necessary, I'd like a non-drowsy, anti-nausea medication.
- My husband plans to read to me during the surgery as such - please only explain the surgery if I ask questions.
- Please lower the screen after the head is out and just before full delivery so we may see the birth. (If the room could please be as quiet as possible for this moment - and please let us know if we are permitted to take a photograph.)

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- We don't know the gender of the baby and would like to discover this ourselves during birth.
- If possible we would like surgery to be performed fairly slowly to allow for the baby's lung fluid to be squeezed out.
- If possible allow the cord to continue pulsing after the birth for <two minutes so the baby may start breathing on his/her own while still attached to the placenta.
- Please allow for skin-to-skin contact immediately after delivery and administer Vitamin K jab / evaluate baby on my chest (if this is not possible – then please can the father have skin-to-skin contact instead).
- Please allow mother, father and baby to stay together throughout surgery and recovery if possible.

In case of complications:

- If I need a general anaesthetic, please can my husband stay with baby.
- If baby has to go to special care/elsewhere, my husband should go too.
- Please can we be debriefed on the surgery before leaving hospital.
- Please avoid use of artificial nipples and milk supplements (incl water, sugar or formula).

Recovery:

- If anyone arrives to visit us, please check with my husband or I as to whether we are ready for company before allowing them in our room.
- I would like to be up and walking as soon as possible.
- I would like my catheter out as soon as possible.
- I would like to eat a light snack and have the IV removed as soon as possible after surgery.

Thank you in advance for all your help and support.