

Cesarean Birth Plan

BEFORE

- Personal music
- Low lights
- Birth partner present
- Meet delivery staff

PAIN RELIEF

- Pain relief medication (with the lowest breastfeeding impact)
- General anesthetic
- Partial anesthetic
- Spinal block

DURING DELIVERY

- Catheter inserted post-spinal block effects
- Forceps accepted if necessary
- Screen/curtain lowered upon delivery for field of view
- Photos/videos during childbirth

BABY PREFERENCES

- Immediate skin contact after birth assessments
- Birth partner to cut umbilical cord
- Delay immunizations
- No formula or pacifiers; breastfeeding as soon as possible

NOTES / COMMENTS:
