

Epidural Birth Plan

Hospital vaginal birth with an epidural

birthplan.net

Name: _____

Birth partner(s): _____

Hospital: _____

Allergies: _____

Due date: _____

Doctor / midwife: _____

Baby's doctor: _____

Medical notes (e.g. GBS, platelets): _____

I plan to have an epidural. I would like to stay as comfortable, informed and involved as possible. If anything changes, please explain what is happening and include us in decisions.

EARLY LABOR

- ☐ Labor at home until contractions are regular and strong
- ☐ Move freely and use the shower or birth ball
- ☐ Nitrous oxide or IV medication while I wait
- ☐ Saline lock until I need IV fluids

Other: _____

GETTING THE EPIDURAL

- ☐ Epidural as soon as I ask for it
- ☐ Epidural once active labor is established
- ☐ Partner stays with me during placement if allowed
- ☐ Talk me through each step as it is placed
- ☐ Low-dose / 'walking' epidural if available
- ☐ Patient-controlled (PCEA) button so I can top up

Other: _____

WITH THE EPIDURAL

- ☐ Help me change sides every 30-60 minutes
- ☐ Peanut ball between my knees
- ☐ Ice chips or clear fluids
- ☐ Check with me before adding oxytocin (Pitocin)
- ☐ Tell me if the block is one-sided so it can be adjusted

Other: _____

PUSHING

- ☐ Discuss when to start pushing (right away or 'laboring down')
- ☐ Guide my pushing if I can't feel the urge
- ☐ Change positions: side-lying, supported squat, tug-of-war
- ☐ A mirror to see baby crowning
- ☐ Warm compresses; avoid an episiotomy unless necessary

Other: _____

RIGHT AFTER BIRTH

- ☐ Baby placed skin-to-skin straight away
- ☐ Delayed cord clamping (at least 30-60 seconds)
- ☐ Partner cuts the cord
- ☐ First feed before weighing and measuring

Other: _____

NEWBORN CARE AND FEEDING

- ☐ Do newborn checks with baby on my chest or in the room
- ☐ Please ask us before any procedure or supplement
- ☐ Vitamin K injection
- ☐ Antibiotic eye ointment
- ☐ Hepatitis B vaccine before we go home
- ☐ Delay the first bath (ideally 24 hours or more)
- ☐ Breastfeeding / chestfeeding
- ☐ Formula feeding
- ☐ Combination feeding

Other: _____

IF A CESAREAN IS NEEDED

- ☐ Use my epidural for the cesarean if possible
- ☐ My partner stays with me throughout
- ☐ Talk me through what is happening
- ☐ Clear or lowered drape to see baby born
- ☐ Skin-to-skin in the operating room if baby is well
- ☐ Partner does skin-to-skin if I can't
- ☐ Delayed cord clamping if baby is well
- ☐ Baby stays with me in recovery

NOTES