

Name: _____

Birth partner: _____

Hospital: _____

Uterine incision type: _____

Due date: _____

Doctor / midwife: _____

Previous cesarean (year, reason): _____

Allergies: _____

I am planning a vaginal birth after a previous cesarean. I understand the extra monitoring VBAC needs, and I am prepared for a repeat cesarean if it becomes the safer choice. Please keep me informed.

STARTING LABOR

- ☐ I'd prefer labor to start on its own
- ☐ Labor at home until active labor if my provider agrees
- ☐ If induction is advised, explain the options and risks
- ☐ Discuss a plan if I go past my due date

Other: _____

DURING LABOR

- ☐ Continuous monitoring - wireless if available
- ☐ Freedom to move, stand and use a birth ball
- ☐ Saline lock rather than a continuous IV
- ☐ Eat and drink as allowed
- ☐ Doula present
- ☐ Tell me how labor is progressing

Other: _____

PAIN RELIEF

- ☐ Try without medication first
- ☐ Epidural when I ask for it
- ☐ Nitrous oxide / water / massage

Other: _____

PUSHING AND BIRTH

- ☐ Push when I feel the urge
- ☐ Choose my own position
- ☐ Avoid an episiotomy unless necessary
- ☐ Immediate skin-to-skin
- ☐ Delayed cord clamping

Other: _____

IF A REPEAT CESAREAN IS NEEDED

- ☐ Explain why and give us time to ask questions
- ☐ 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

Other: _____

NEWBORN CARE

- ☐ 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)
- ☐ Circumcision (if a boy): yes / no / undecided
- ☐ Baby rooms in with us

Other: _____

FEEDING AND RECOVERY

- ☐ Breastfeeding / chestfeeding
- ☐ Formula feeding
- ☐ Combination feeding
- ☐ Limit visitors until we say we are ready
- ☐ Partner stays overnight

NOTES