



## Birth Plan Guidelines

### **Goal: Healthy mom and healthy baby**

- St. Vincent Women's Hospital allows for a maximum of 3 visitors to be present during delivery. This allows the staff to properly care for mom and baby. Other family members may wait in the lounge area.
- All patients require an IV saline lock. This is precautionary in the event of an emergency. Labor can be unpredictable at times and mother and baby's safety is of utmost importance.
- Clear liquids are available during labor.
- During delivery, baby will be, at minimum, externally monitored intermittently unless baby is in distress and requires more extensive monitoring which may include internal monitoring. External monitoring still allows mom to be active during labor.
- Walking is encouraged to help labor progress. A squatting bar and birthing balls are also available.
- Complimentary clinical aromatherapy and relaxation channels are available to promote relaxation in labor.
- Delayed cord clamping may be implemented until pulsation stops, unless baby is in distress. Again, baby's safety is of utmost importance.
- Family member/father may cut the umbilical cord.
- Skin-to-skin care should begin immediately after birth, unless complications arise. Once the child is born, the care team will place the baby on the mother's abdomen to cut the umbilical cord and dry the baby off with blankets. 60 to 90 minutes of skin-to-skin care after birth are recommended to provide the maximum benefit. Generally, mother and baby remain in the delivery room for 2 hours until they are moved to their postpartum room.
- Breastfeeding is encouraged shortly after delivery. Lactation consultants are available to assist mothers and babies with any issues.
- Baby's first bath is generally delayed for at least the first 8 hours (usually 20 hours). Parents can choose to suspend indefinitely.

### **Newborn interventions**

- Hepatitis B – may be delayed at the parent's discretion
- Vitamin K (preservative free) injection is strongly recommended shortly after birth to help the blood clot and prevent serious bleeding.  
<https://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>
- Antibiotic eye ointment is also strongly recommended to prevent eye infections that can lead to blindness.