



# Birthwish

Information brochure

H1



## 01 Content

What do I find important?	4
Labor	5
Pain relief	5
Cut	9
Birth	9
Immediately after birth	9
Medical interventions	10
Caesarian section	11
Postpartum period	11
Nutrition	12

## 02 Welcome

Discuss your wishes and expectations with the midwife and/or gynaecologist. They can guide you. Good communication between patient, midwife and gynaecologist is crucial and will make your birthing experience better.

If you have any uncertainties you can always ask questions. The midwife and gynaecologist always do what they think is best for mother and child. This is why it is possible that not everything will play out according to your wishes. Childbirth does not always go the way you expect beforehand and during the delivery you may have a different opinion on some things.

The birth plan is made to help you make sure we take your wishes into account and so that you have a good memory of your delivery. Include your partner whilst formulating your wishes.

**Surname and first name mother:**

.....

**Surname and first name partner:**

.....

**Due date:**

.....

### **03** What do I find important?

- Would I like some music or rather enjoy the peace and quiet? Do I want to bring personal items (e.g. photographs)?
- Who would I like near me during labor? (max. two persons)
- How do I want to cope with the contractions?
- Which positions do I like during labor?
- What am I dreading? How did my previous childbirth go? (if applicable)

## 04 Labor

- Peace and quiet during labor (e.g. dimmed lights, quiet surroundings).
- Drinks and food (only light meal) during the first phase of labor (if allowed).
- Limitation of vaginal exams.
- No breaking of membranes or wait as long as possible.
- Would prefer to not be monitored the whole time so I can have some freedom of movement.
- Limit stimulation of the contractions through medication if needed.

### Tip

You may bring your own music and listen to it during labor and child-birth. You can also listen to the playlist "STZH pufflist" on spotify. This list was composed by our midwives.

## 05 Pain relief

- Movement during labour, walking around, sitting on the ball, rocking with the hips,...
- Taking different positions (hands/knees, lateral position, squat)
- Warmth application.
- Different breathing techniques.
- Backmassage during contractions.
- An epidural anaesthetic.
- Decide at the moment if I want an epidural or not.

### Tip

Be sure to read our brochure about 'Bevallen met bal' and 'Badbevaling'.

# Beweeg- -je -vrij



Tijdens je  
weeën  
en bevalling

Staan-  
de  
houdingen



Zittende  
houdingen



Knielende  
houdingen



Hurkende  
houdingen



Liggende  
houdingen



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Vlaamse  
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[bewegingsvrijheid.be](http://bewegingsvrijheid.be)

Beweeg-  
Vrije  
Vrij



Bewegings-  
vrijheid mét  
epidurale  
verdooving



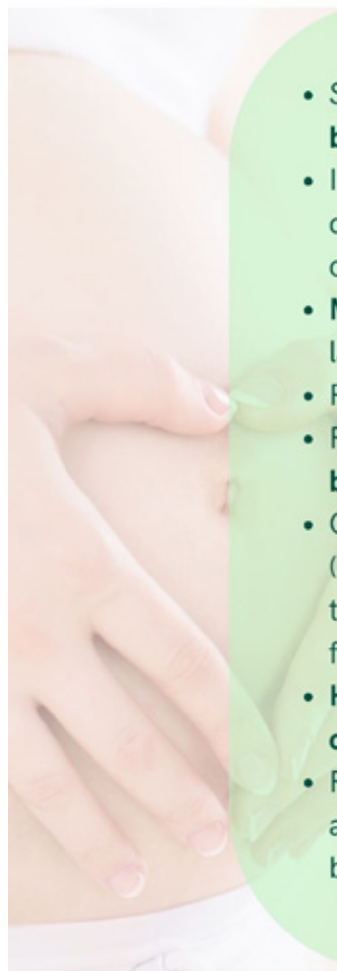
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Vlaamse  
Beroepsorganisatie  
van Vroedvrouwen

Bron: *Flemish professional organisation of midwives*  
[www.bewegingsvrijheid.be](http://www.bewegingsvrijheid.be)

## When I go into labor I would like to...



- Show my preferences in a **birthwish**.
- Indicate **who will accompany me** during labor and delivery (in consultation with the gynaecologist).
- **Move and walk around** during my labor.
- Relax with self-chosen **music**.
- Relax on the **sitting ball** or in the **bath**.
- Consume a light **meal and/or drink** (e.g. water, sports drink), unless there is a medical counter indication for this.
- **Have 1 hour of skin-to-skin contact** with my baby.
- Request that **medical interventions** are only applied if necessary for the baby or myself.

More information  
about our maternity?



**sint trudo**  
ziekenhuis  
deskundig én dichtbij



## 06 Cut

- Good guidance during pushing so that the perineum can stretch.
- Avoid a cut unless it is necessary for the baby.

## 07 Birth

- Dimmed lights during childbirth.
- Bath birth, after previous discussion with gynaecologist, only if you sign informed consent.
- Choose birthing position myself after previous discussion with the gynaecologist.
- Look at head of baby with a mirror and possible touching during pushing.

## 08 Immediately after birth

- Let the umbilical cord beat out.
- Partner (or myself) cuts umbilical cord.
- Give placenta the time to be born without medical intervention.
- I would like to see the placenta.
- I would like to take the placenta home.
- Have uninterrupted cuddle time (skin-to-skin contact) with my baby during at least 1 to 2 hours.
- Skin-to-skin contact/cuddle time for my partner and our baby.
- Partner stays with the baby if he/she needs extra care.
- Breastfeeding within first hour after birth.
- Bottlefeeding within first two hours after birth.

## 09 Medical interventions

During labor or childbirth there can be situations in which the midwife or gynaecologist must put the wellbeing of the mother and child first. Because of this we may have to deviate from your birthwishes. It is in this moment important to give attention and care to you and your baby's condition. Medical interventions are in some situations necessary. This will be discussed with you by the midwife or gynaecologist. If there is anything during labor or childbirth that is not clear to you, please ask us about it.

- Monitoring
- STAN-electrode
- Breaking membranes
- Drip
- Contraction stimulating medication
- Epidural anaesthetic
- Cut
- Instrumental delivery
- Caesarian section

**We want to regularly listen to the baby's hearttones via the monitor. This way we can optimally judge your baby's wellbeing.**

## 10 Caesarian section

Sometimes it is necessary to perform a caesarian section. We try to make these as pleasant as possible for mother, father and baby. When a caesarian section is planned beforehand AND the workload allows it you can have gentle sectio.

- Partner is present during the caesarian section.
- Pictures can be made during the operation.
- Baby is laid skin-to-skin as soon as possible.
- Give breastfeeding as soon as possible.
- Wait to give first bottle until I am present.
- I would like to see the placenta.
- I would like to take the placenta home.

### Tip

Be sure to read our brochure 'Gentle sectio'.

## 11 Postpartum period

- My partner can stay the night in the hospital (only possible if you stay in a private room).
- My partner wants to join breakfast (to be requested 24 hours in advance).
- Wait to give baby bath after 24 hours.
- Choose myself when I go home (unless counter indication).

## 12 Nutrition

- Exclusively breastfeed (unless there is extra care needed for the baby).
- Learn myself to put baby to the breast with help of midwife.
- Learn myself to bottlefeed baby with help of midwife.

# Notes

A series of 20 horizontal dotted lines for writing notes.





## Specific wishes

If you have any extra wishes, write them down summarily. Whilst setting up your plan, make sure that your wishes are practically executable.

Be sure to check out our webpage. Scan the QR-code below:



Diestersteenweg 100 • 3800 Sint-Truiden  
[www.sint-trudo.be](http://www.sint-trudo.be)

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