



# St. Georges Hospital Maternity: My Birth Preferences

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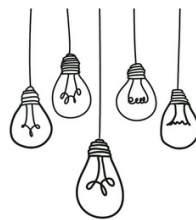
## Room Setting



Doula



I am hypnobirthing



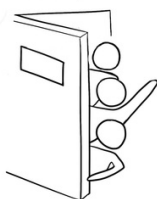
Dimmed lighting



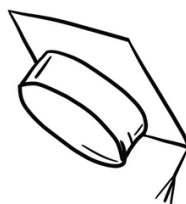
My Music playing

shhhhhhh...

Quiet please

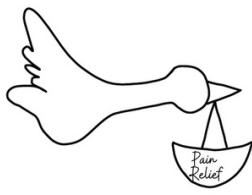


No Visitors



Open to students

## Pain Relief



Open to all Pain Relief



I will ask for pain relief



Hydrotherapy  
Carmen Suite



Open to Gas and Air  
(Entonox)

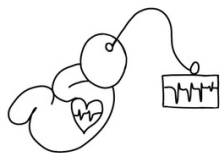


Open to Pethidine

Open to  
Epidural

Delivery Suite

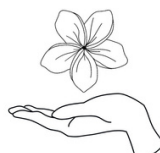
## During Labour



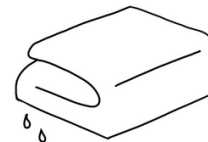
Open to STAN  
monitoring  
Delivery Suite



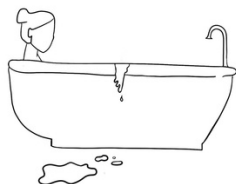
Mobilise during  
labour



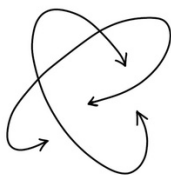
Minimal Vaginal  
Examinations



Offer warm  
compress for  
perineum



Water birth  
Carmen Suite



Try alternative  
pushing positions



Perineal Guarding



Encourage & guide  
pushing



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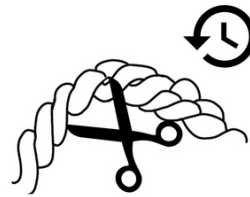
## Just After Birth



Mother or Birthing parent to discover the sex



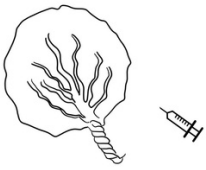
Birth Partner to discover the sex



Delayed clamping of the cord



Birth Partner to cut cord



Oxytocin for birth of placenta



Natural birth of the placenta



Keeping placenta



Donate cord blood



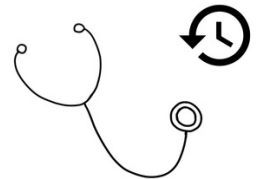
Vitamin K injection



Oral Vitamin K



No Vitamin K



Delay baby checks



Skin to skin



Birth partner to try skin to skin if I can't

## Feeding



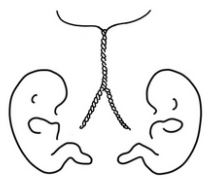
I would like to breast/chest feed



I would like to bottle feed

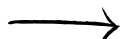
# St. Georges Hospital Maternity: My Birth Preferences

All about me : Use this space to share key non medical information that matters to you

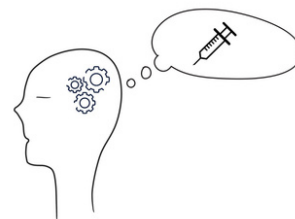


Multiple birth

Multiple Birth: my preferences



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.....  
.....



Fear of needles

A fun fact about me...

.....  
.....  
.....

I am most excited about...

.....  
.....  
.....

I am most worried about...

.....  
.....  
.....

Induction of labour makes me feel...

.....  
.....  
.....

My birth partner prefers to be called...

.....  
.....  
.....

The pronouns my birth partner and I use are...

.....  
.....  
.....

My Cultural and religious needs are...

.....  
.....  
.....

Baby will be sibling to...

.....  
.....  
.....

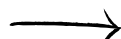


We have experienced loss



I am hypnobirthing

Hypnobirthing preferred words



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Hypnobirthing preferred words



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