

YOUR HOSPITAL STAY DURING

labor/delivery

I am birthing with Ivinson Medical Group — Women's Health clinic. I understand the providers and staff at the Women and Children Center will do everything they can to honor my wishes for a low-intervention birth.

NAME

DOB

PRIMARY SUPPORT PERSON

ADDITIONAL SUPPORT PEOPLE

I AM HAVING A

☐

BOY

☐

GIRL

☐

SURPRISE

PEDIATRIC PROVIDER

ADDITIONAL SPECIAL REQUESTS

our providers



Dr. Derek Ewell
Physician



Dr. Samantha Herriott
Physician



Elizabeth Rowe
Certified Nurse Midwife



Dr. Kim Westbrook
Physician

our standard of care

- Immediate skin to skin.
- Delayed cord clamping.
- Support person to cut the cord.
- Delayed exams for bonding (unless medically necessary).
- Breastfeeding within the first hour.
- Delayed first bath for newborn.
- Minimal interventions unless medically necessary.

routinely available care options

- Vaginal birth after cesarean.
- Intermittent fetal monitoring (if low risk pregnancy).
- Freedom to move.
- Low lighting.
- Water labor.
- Warm / cold compresses.
- Aromatherapy.
- Music.
- Birthing ball or peanut ball.
- Birthing stool.
- Squat Bar.
- Rocking chair.
- Candles.
- Position of my choice for delivery (if un-medicated)
- IV pain medication.
- Epidural.
- Donor milk and formula available, if needed.
- Lactation consultants available.
- 24-hour on-call pediatrician.

health elevated.

