

birth wishes



MEDICAL GROUP

I am birthing with the Women's Health Clinic at Iverson. I understand my providers and staff on the Family Care Unit at Iverson Memorial Hospital will do everything they can to honor my wishes for a low-intervention birth.

NAME **DOB**

PRIMARY SUPPORT PERSON

ADDITIONAL SUPPORT PEOPLE

PREFERRED PROVIDER

 **DEREK EWELL**
Physician

 **ELIZABETH ROWE**
Certified Nurse Midwife

 **KIM WESTBROOK**
Physician

I AM HAVING A **BOY!** **GIRL!** **SURPRISE!**

PEDIATRIC PROVIDER

Tools Routinely Available

- Shower
- Water labor
- Aromatherapy
- Candles
- Music
- Cold compress
- Heating pad
- Rocking chair
- Birthing ball
- Squat bar
- Birthing stool

Iverson's Standard of Care

- Delayed cord clamping
- Immediate skin-to-skin
- Breastfeeding within the first hour

labor

- Un-medicated childbirth
- Pain medication only upon request
- Alternative pain relief methods
- Nitrous oxide (coming soon)
- IV pain medication
- Epidural
- Freedom to move
- Vaginal birth after cesarean delivery

birth

- Position of my choice
- Support person to cut the cord
- Support person assist catching Baby
- Support person announces gender

postpartum

- Breast feed
- Formula feed
- Circumcision
- Delayed first bath
- Vitamin K (Baby)
- Erythromycin eye ointment (Baby)
- Hepatitis B vaccine (Baby)