

Hospital birth-plan worksheet

A simple hospital birth-plan template you can review, print, or bring to your late-pregnancy appointment. You do not need every box filled in. It is most useful when it highlights what matters most to you and what you still want to discuss.

Bring to your 36-week review if helpful.

Name

Due date

Support person

Review date

1. Support and communication

- I know who I want with me during labour.
- I know whether that changes if assisted birth or caesarean becomes part of the day.
- I have noted any language, cultural, religious, dietary, or access needs.

NOTES FOR THE TEAM

2. Signs and timing

- I know when I should phone the ward if contractions start.
- I know what to do if my waters break, there is bleeding, or movements reduce.
- I know who is driving and when we leave for hospital.

TIMING NOTES

3. Comfort, movement, and coping

- I would like to stay upright or change position freely if possible.
- I would like to use shower, bath, massage, music, breathing, or dimmer lighting if available.
- I know what tends to help me stay calm when pain rises.

COMFORT PREFERENCES

4. Pain relief plan

- I know what I would like to try first.
- I know what I am open to later if labour becomes longer or more intense.
- I know what would make me ask earlier for stronger pain relief.

PAIN-RELIEF NOTES

5. If the day becomes more medical

- I know what I would want explained if assisted birth, episiotomy, or caesarean is recommended.
- I know whether I want the team to move quickly once a decision is made.
- I know what matters most about my companion staying with me where possible.

INTERVENTION NOTES

6. The first hours after birth

- If all is well, I would like immediate skin-to-skin.
- I would like help with the first feed as early as possible.
- I have thought about vitamin K, early checks, and who stays with the baby if extra monitoring is needed.

FIRST-HOURS NOTES

7. Practical planning and questions

- My bag is packed or almost packed.
- My support person knows what they need to bring or manage.
- I know the questions I still want to raise at my next review.

QUESTIONS FOR MY NEXT APPOINTMENT
