



## 06 I'm not interested in

- An enema
- Shaving of my pubic area
- A urinary catheter
- An IV, unless I'm dehydrated (and a

## 07 I'd like fetal monitoring to be

- Continuous
- Intermittent
- Internal
- External
- Performed only if the baby is in distress

## 08 I'd like labour augmentation

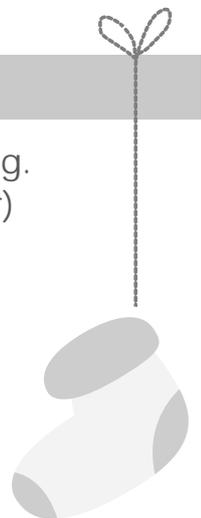
- Performed only if baby is in distress
- Performed by rupture of the membrane
- Performed by stripping of the membrane
- the membrane

## 09 For pain relief, I'd like to use

- Acupressure
- Acupuncture
- Breathing techniques
- Cold therapy
- Massage
- Meditation, following doctor's instruction
- Standard epidural
- Walking epidural
- Only what I request at the time
- Whatever is suggested at the time

## 10 During delivery, I would like to

- Squat
- Semi-recline
- Lie on my side
- Be on my hands and knees
- Stand
- Lean on my \_\_\_\_\_ (For eg. Mother or Husband or Sister)
- Use people for leg support
- Use foot pedals for support
- Use a birth bar for support
- Use a birthing stool



## 11 As the baby is delivered, I would like to

- Push spontaneously
- Push as directed
- Push without time limits, as long as the baby and I are not at risk
- Let the epidural wear off while pushing
- Have a full dose of epidural
- Avoid forceps usage
- Avoid vacuum extraction
- Use whatever methods my doctor deems necessary
- Help catch the baby
- Let my \_\_\_\_\_ catch the baby (For eg. Mother or Husband or Sister etc)

## 12 I would like an episiotomy

- Used only after perineal massage, warm compresses and positioning
- Rather than risk a tear
- Not performed, even if it means risking a tear
- Performed only as a last resort
- Performed as my doctor considers necessary
- Performed with local anesthesia



## 13 Immediately after delivery, I would like

- My \_\_\_\_\_ to cut the umbilical cord (For eg. Mother or Husband or Sister etc)
- To deliver the placenta spontaneously and without assistance
- To see the placenta before it is discarded

## 14 If a C-section is necessary, I would like

- A second opinion
- To make sure all other options have been exhausted
- To stay conscious
- My partner to remain with me the entire time
- The screen lowered so I can watch baby come out
- My hands left free so I can touch the baby
- The surgery explained as it happens
- An epidural for anesthesia
- My \_\_\_\_\_ to hold the baby as soon as possible (For eg. Mother or Husband or Sister etc)
- To breastfeed as soon as I can

## 15 I would like to hold baby

- Immediately after delivery
- After suctioning
- After weighing
- After being wiped clean and swaddled
- Before eye drops/ointment are given



## 16 I would like to breastfeed

- As soon as possible after delivery
- Before eye drops/ointment are given
- Later

## 17 I'd like my family members (NAMES)



- To join me and baby immediately after delivery
- To join me and baby in the room later
- Only to see baby in the nursery
- To have unlimited visiting after birth

## 18 I'd like baby's medical exam and procedures

- Given in my presence
- Given only after we've bonded
- Given in my partner's presence
- To include a heel stick for screening tests beyond the PKU
- To include a hearing screening test
- To include a hepatitis B vaccine

## 19 Please don't give baby

- Sugar water
- Formula
- A pacifier



## 20 I'd like baby's first bath given

- In my presence
- In my \_\_\_\_\_ 's presence (For eg. Mother or Husband or Sister etc)
- By me
- By my partner

## 21 I'd like to feed baby

- Only with breastmilk
- Only with formula
- On demand
- On schedule
- With the help of a lactation specialist

## 22 I would like to breastfeed

- All the time
- During the day
- Only when I'm awake
- Only for feeding
- Only when I request



## 23 I'd like my partner

- To have unlimited visiting
- To sleep in my room

## 24 If we have a boy, circumcision should

- Be performed
- Not be performed
- Be performed later
- Be performed with anesthesia
- Be performed in the presence of me AND/OR my partner

## 25 As needed post-delivery, please give me

- All information/instruction about breastfeeding
- All information/instruction about family planning
- All information/instruction about post-partum & follow up visits
- All information/instruction about baby care & follow up visits
- All information/instruction about circumcising baby boys
- All information/instruction about post-partum pain relief as per doctor's advice

## 26 After birth, I'd like to stay in the hospital

- As long as possible
- As briefly as possible



## 27 If baby is not well, I'd like

- My \_\_\_\_\_ and I to accompany it to the NICU or another facility (For eg. Mother or Husband or Sister etc)
- To breastfeed or provide pumped breast milk
- To hold him or her whenever possible