



**Palo Alto Medical Foundation OB/GYN**  
**2400 Samaritan Dr. Ste. 105 and 203**  
**San Jose, CA 95124**  
**T: 408-523-3870**  
**F: 408-356-0877**

We are committed to having a healthy mom, a healthy baby, a normal delivery and a great experience with the hospital, staff and physicians. Our group practices evidence-based medicine and our cesarean rate is less than the average for this community.

### **My Birth Preferences**

About me:

Mother's name: \_\_\_\_\_

Baby's name and gender: \_\_\_\_\_

My expected due date: \_\_\_\_\_

Who I want in the room with me: \_\_\_\_\_

#### **Routine practices at Good Samaritan Hospital:**

- Room ambiance is in your control (lights, temperature, music, television.)
- Privacy is important. There are no medical students or residents. Nursing students are occasionally present to help your Labor & Delivery nurse.
- Fetal heart rate monitoring begins once you are admitted.
- Mobility during labor is encouraged, you may walk, sit, stand in your room or out in the hallways.
- Baby will come to your chest immediately after delivery.
- We observe the "Golden Hour" of skin to skin bonding after delivery.
- Breast feeding is highly encouraged; babies will be in a room with you.
- Pacifiers and formula supplementation are only given to your baby after discussion with you.
- Administration of Vitamin K and eye ointment to every newborn. Hepatitis B vaccine is also recommended.

#### **Routine practice of Palo Alto Medical Foundation Los Gatos OB/GYN:**

- Delayed cord clamping, if possible. Cord cutting by your significant other, if possible.
- Episiotomies are performed rarely, only if necessary for the health of the baby.
- If assistance is necessary for the health of the baby, vacuums may be used.

**During Labor:**

- I would like to be mobile, if possible:
  - Walking
  - Birthing ball
  - Squatting
  - Sitting
  - Standing
  - Suggestion:

**Hydration:**

- Clear Fluids                       Ice Chips                       IV Fluids

**Mobility:**

- I have no preference about IV access and tubing, as long as I am still mobile.
- If possible, please just leave in a saline “lock” in case IV access is needed later
- If possible, I do not want any IV access after admission labs are drawn
  
- Fetal monitoring to be intermittent, if possible

**If I appear to be in pain:**

- Please do not mention pain medications
- My partner/doula will be my coach for managing my pain
- Please help coach me with breathing exercises, movements, and positions that help
- I would like the option to be able to take a shower
- I would like to be informed of my options if you feel pain medication is appropriate
- I am planning on an epidural

**Near and during delivery:**

- I am interested in these positions, if possible:
  - In bed
  - Leaning on the side of the bed
  - with side handles
  - With minimal direction
  - Squatting
  - With a squatting bar
  - With direction

**Baby Care:****Feeding**

- I am planning on breast feeding
- I am planning on formula feeding
- I am planning on both breast and formula feeding

We will do our very best to honor your preferences.