

Labour and delivery



BIRTH PLAN

We strongly suggest that you fill out this birth plan and share it with the professionals who take care of you. This tool will allow you to test your knowledge and get the information you need from your physician.



Moreover, this plan will give you the opportunity to reflect on and share with your physician your concerns, fears and expectations regarding your delivery and your stay at the maternity department or birthing centre.

PERSONAL INFORMATION

Your name: _____ Your physician is: _____

Expected date of birth: _____

The people who will help you during labour are:

Do you want someone to take pictures or film the baby's birth (if so, write their name)?

Yes _____

No

Did you attend prenatal meetings?

Yes

No

TO BETTER MEET YOUR NEEDS AND EXPECTATIONS,

Do you have questions, concerns, worries or other things you want to share?

GENERAL EXPECTATIONS

During labour, you want to:

- Use support and comfort measures provided by your spouse or escort and by the nurse.
- Take medication to relieve pain in addition to support and comfort measures.

Others (specify): _____

FIRST STAGE OF LABOUR... CONTRACTIONS

In general, women find that the following measures help relieve the discomfort caused by contractions. Please check the ones that you would like the nurse to suggest during labour:

- Taking a bath (whirlpool, shower)
- Walking, moving, changing positions
- Having compresses (hot, cold)
- Using a birthing ball
- Getting a massage
- Using the TENS
- Receiving sterile water injections
- Listening to your music
- Wearing your own day or night clothes
- Using several pillows
- Receiving an epidural anesthesia

Others (specify): _____

BIRTH OF YOUR BABY

Your physician and your nurse will help you find different comfortable positions to help you push during labour. Which of the following positions would you like to try?

- Squatting position
- Side-lying delivery
- Do not use stirrups

Others (specify): _____

POSSIBLE COMPLICATIONS DURING LABOUR

If you need more information on the elements below, ask your physician about them.

- | | |
|--|---|
| <input type="checkbox"/> External fetal monitoring | <input type="checkbox"/> Use of the Foley bulb and Syntocinon |
| <input type="checkbox"/> Internal fetal monitoring | <input type="checkbox"/> Forceps/vacuum |
| <input type="checkbox"/> Artificial rupture of membranes | <input type="checkbox"/> Episiotomy |
| <input type="checkbox"/> Labour induction | <input type="checkbox"/> Caesarean section |

AFTER THE BIRTH OF MY BABY, I WOULD LIKE:

- to cut the umbilical cord.
- My baby to be placed on my belly immediately.

Others (specify): _____

AFTER THE BIRTH OF MY BABY, UNTIL OUR RETURN HOME:

The mother-child unit recognizes the importance of keeping mothers and their baby together day and night. The nurses will help you take care of your baby in your room.

How I intend to feed my baby:

- Breastfeed
- Bottle-feed (commercial infant formula)

Others (specify): _____

DURING MY STAY AT THE MOTHER-CHILD UNIT, I WOULD LIKE TO:

- Stay with my baby at all times.
- Attend my baby’s examinations (admission and discharge).
- Be present for all the tests or medication administered to my baby, screening for phenylketonuria (PKU) and hypothyroidism (TSH), heel lance for blood sampling.
- Give my baby’s first bath.

Others (specify): _____

Back home, the following people will support us:

Other ideas or comments

Date: _____

Signature of the mother _____

Signature of the father or escort _____

Adaptation of the birth plan suggested in the document:

Health Canada. *Family-Centred Maternity and Newborn Care: National Guidelines*, Public Works and Government Services Canada, Ottawa, 2000.

WHAT TO BRING AT THE HOSPITAL

Mom's list

- ❖ Health insurance card
- ❖ Hospital card (grey card)
- ❖ Insurances
- ❖ Bathrobe
- ❖ 2 or 3 nightgowns or nursing gowns
- ❖ 2 or 3 bras
- ❖ 4 to 6 pairs of underwear
- ❖ 2 to 3 pairs of socks
- ❖ Slippers
- ❖ Super maxi pads (not provided by the hospital)
- ❖ 1 box of nursing pads
- ❖ Nursing pillow
- ❖ Toiletries (soap, shampoo, deodorant, etc.)
- ❖ Hairbrush

Baby's list

- ⇒ 4 to 6 pajamas
- ⇒ Small socks
- ⇒ Nightcap
- ⇒ Small undershirts
- ⇒ Diapers and wet wipes (not provided by the hospital)
- ⇒ Going home outfit, appropriate for the season (coat, hat or others)
- ⇒ Small blankets
- ⇒ Infant car seat

Dad or escort

- Meal and snacks
- Comfortable clothes
- Shoes or slippers
- Camera
- Pajama or bathrobe
- Toiletries



DURING THE DELIVERY

MASSAGES AND PRESSURE POINTS

- Hand and feet massage at the start of labour to relax
- Lightly touch the belly and thighs
- Shoulder massage to counter fatigue
- Use heat (heating pad, magic bag) or cold

Ankle pressure points



Stimulates labour

Sacrum pressure points

Sacral holes



Sacrum counter-pressure



Hip pressure



Continuously, during contractions to stimulate endorphins and relieve pain

WHAT TO DO IN CASE OF AN EMERGENCY?

Sept-Îles

Maternity unit / delivery room: 418-962-9761

Extension: 452670 or 452675

If your pregnancy is:

- **Less than** 14 weeks go to the emergency department
- **More than** 14 weeks go to the Maternity unit, delivery room.

Baie-Comeau

Maternity unit / delivery room: 418-589-3701

Extension: 302540

If your pregnancy is:

- **Less than** 20 weeks go to the emergency department
- **More than** 20 weeks register first, and then go to the mother-child centre.

RUPTURE OF AMNIOTIC MEMBRANES

1. Note the time, as well as the amount and colour of fluid
2. Lay down for about 20 minutes.
3. Groom (do not take a bath)
4. Go to the hospital.

WHEN TO GO TO THE HOSPITAL?

Close contractions – every **5** minutes

Long contractions – last **1** minute

For at least **1** hour

Accouchement



*J'accepte la douleur,
elle me permet
d'accueillir mon bébé*



*Je visualise la
descente de mon bébé*

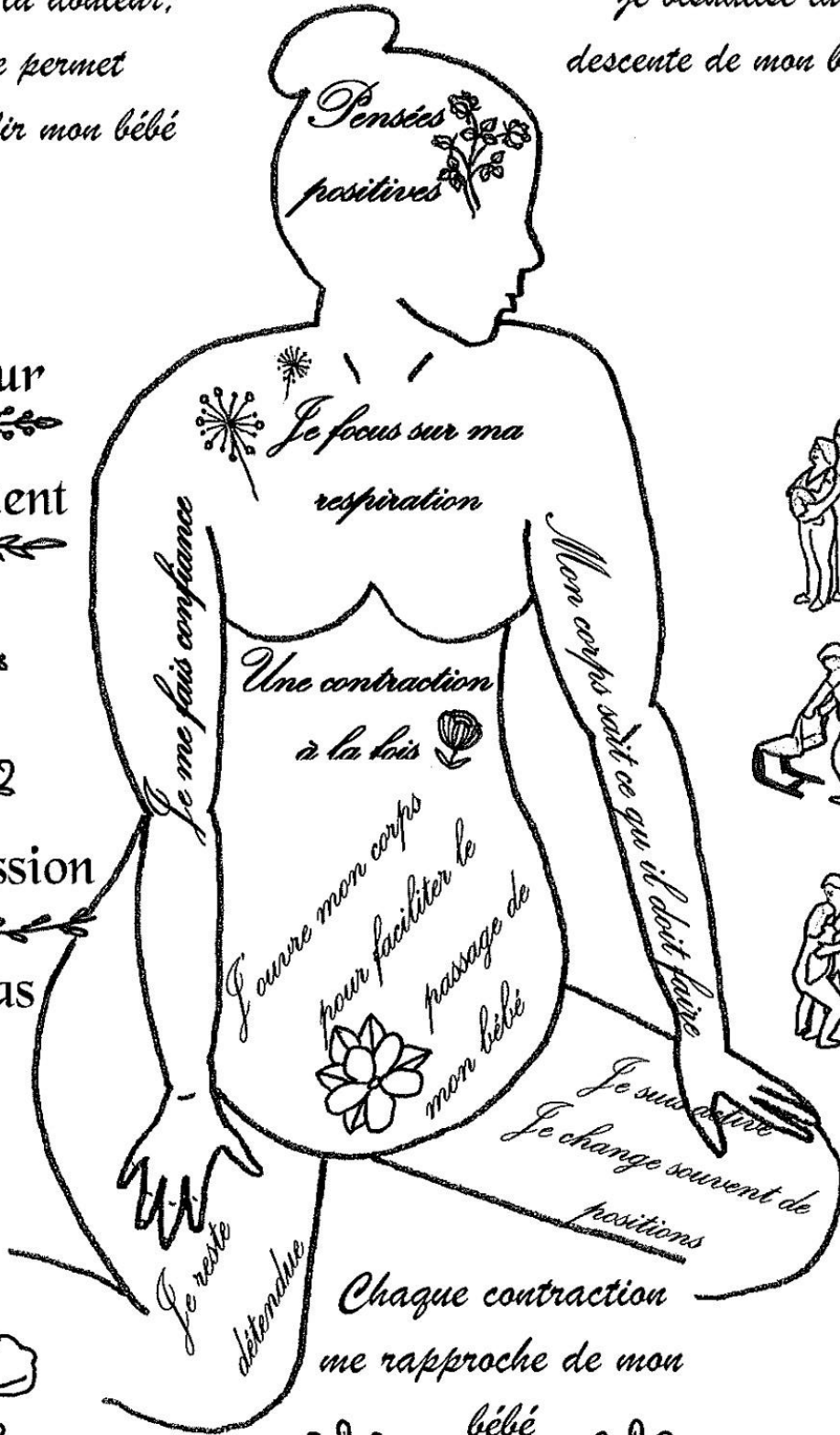
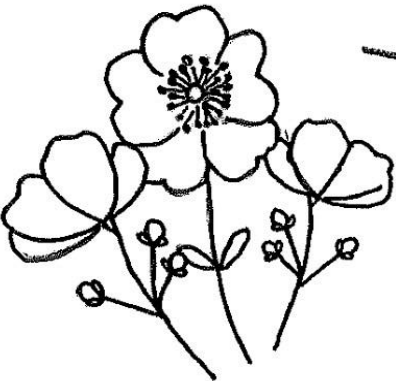
*Mots d'amour
Encouragement*

Présence

Massage

Points de pression

*Chaleur au bas
du dos*



gravité

*Contractions
plus efficaces*



*Travail
avance plus
vite*

*Chaque contraction
me rapproche de mon
bébé*

FOR MORE INFORMATION

- From Tiny Tot to Toddler de la grossesse à 2 ans. Pregnancy section
 - Preparing for the birth
 - The stages of childbirth
 - The first few days

<https://www.inspq.qc.ca/en/tiny-tot>

- DE GASQUET, Bernadette. *Accouchement: la méthode de Gasquet*, Marabout, 2012, 160 p.
- BONAPACE, Julie. *Accoucher sans stress avec la méthode Bonapace*, Les Éditions de l'Homme, 2014, 160 p.
- Birth plans: other models are available online.
- mariefortier.com: A unique online initiative developed by Marie Fortier, nurse clinician. Videos are available regarding labour, childbirth and breastfeeding. There is a cost associated with these videos. <https://mariefortier.com/?lang=en>
- Contraction calculator: various free applications are available online for iPhone and Android.

