One-page plan

1

Copy the words from My preference, one row per topic. Hand this sheet to your care team.

Plan in use. Tick one.

☐ This sheet ☐ Induction page instead ☐ Cesarean page instead

If birth is by cesarean after you filled this page, tick Cesarean page instead. Do not rewrite these lines.

My name _____

Provider _____

Due date (latest) __ / __ / ____

Where and who Copy My preference

Comfort Copy My preference

Moving Copy My preference

Checks and IV questions Copy My preference

If labor needs help Copy My preference

Cesarean Copy My preference

Right after birth Copy My preference

Feeding Copy My preference

Newborn Copy My preference

Going home Copy My preference

Checks and IV questions: the sample names an IV line or a saline lock.
Source: ACOG, Sample Birth Plan, 2022.

Other checks are a question to ask your care provider. Not a recommendation.