



My Birth Plan



Use this fill-in-the-blank birth plan to prepare yourself and your partner for delivery. This birth plan will help you communicate your wants and needs to your medical team.

Due Date/Induction Date: _____

Doctor's Name: _____

Hospital Name and Location: _____

I'm planning for this type of delivery:

- Vaginal
- C-section
- Water birth
- VBAC

Special health notes:

- I have gestational diabetes.
- I have group B strep.
- I am Rh incompatible with my baby.
- Other: _____

I would like the following people present before and/or during labor:

- Partner: _____
- Doula: _____
- Parents: _____
- Other children: _____
- Other: _____

My thoughts about labor and birth and what's most important to me: