

# Kelley Marie Paulson and Karl Paulson's Birth Plan

Expectant Due Date: 01/29/2007

## **Birth Attendant/OB:**

Women's Health Care Associates

Dr. Cat Bubier and Dr. Karen Ashbeck (but have seen every doctor in practice)  
7720 S Broadway-Ste 440  
Littleton, CO 80122-2632  
303.795.0890

## **Birth Facility:**

Littleton Adventist Hospital

7700 South Broadway  
Littleton, Colorado 80122  
303.730.8900 main number

## **Pediatrician:**

Kenneth Katz Pediatrics

Dr. Kenneth Katz  
8120 S Holly St # 100  
Centennial, CO 80122  
(303) 779-3013

## **ATTENDANTS AND AMENITIES**

I'd like the following people to be present during labor and/or birth:

- Partner: Karl Paulson (husband) cell phone number: 303.596.1526

I'd also like:

- To bring music, DVD's, books, massage ball, PDA, Champagne, focal point
- To take pictures and/or film before/during/after labor and delivery

## **LABOR**

I'd like the option of returning home if I'm not in active labor, but do not want to be forced to leave if I do not feel comfortable enough to go home.

Once I'm admitted, I'd like:

- My partner to be allowed to stay with me at all times
- To stay hydrated by drinking clear fluids & popsicles, instead of having an IV
- To walk and move around as I choose, until pain relief

As long as the baby and I are doing fine, I'd like:

- To have intermittent rather than continuous electronic fetal monitoring, so I can be mobile.
- To be allowed to progress free of stringent time limits, or if I become irritated, I would like to have some help.

When it's time to push, I'd like to:

- Be coached on when to push and for how long.

I'd like to try the following positions for pushing (and birth):

- Whatever feels right at the time. I would like to have suggestions

As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress free of stringent time limits, or if I become irritated, I would like to have some help.

### **PAIN RELIEF**

I'd like to talk to the Anesthesiologist immediately upon arrival to talk about pain relief and when we can begin, giving me time to progress along with out interruption, but not too long that an epidural is no longer an option. I would like to talk to the Anesthesiologist before I get into more labor.

I'd like to try the following pain-management techniques:

- Bath/shower
- Breathing techniques/distraction
- Hot/cold therapy
- Medication

If I decide I want medicinal pain relief, I'd prefer:

- Regional analgesia (an epidural and/or spinal block) Spinal being the last and only option.
  - Clean gloves and mask must be worn by EVERYONE in the room when procedure is being done.
  - Anytime the epidural needs to be fixed, clean gloves and mask must be worn by EVERYONE in the room when procedure is being done.

### **VAGINAL BIRTH**

I'd like:

- To touch my baby's head as it crowns

After birth, I'd like:

- To hold my baby right away, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- My partner to cut the umbilical cord & inspect the placenta

### **C-SECTION**

If I have a c-section, I'd like:

- My partner present at all times during the operation
- The screen lowered a bit so I can see my baby coming out
- The baby given to me or my partner as soon as he's dried (as long as he's in good health)
- To breastfeed my baby in the recovery room or as soon as possible

### **POSTPARTUM**

After delivery, I'd like:

- All newborn procedures to take place in my presence
- My partner to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot provided for my partner in the postpartum room

I plan to:

- Breastfeed exclusively
- Have a lactation consultant help me learn
  - Have help to learn how to use the breast pump

The following can be offered to my baby:

- Please don't offer anything to my baby at any point, unless the nurse or doctor feel it is necessary to ask.

I'd like my baby fed:

- On demand or until breastfeeding is established. I will need help learning and coaching.
- I will have an eating chart.

I'd like:

- 24-hour rooming-in with my baby

If my baby's a boy:

- I'd like him circumcised at the hospital.
- Dr. Katz will be performing the procedure.

**Personal Important Numbers** (and relationship to mother) and in case of emergency (in order of who to call first):

Kelley Marie Paulson (self) cell phone: 303.981.7976

Karl Paulson (Partner's) cell phone: 303.596.1526

Karen Paulson (mother in law) cell phone: 703.785.0058

Carol Corwin (mother) cell phone: (859) 653-9866 (no voicemail) home phone: 859.431.4113

Jack Corwin (father) cell phone: (859) 653-4947

Chris Paulson (father in law) cell phone: 303.915.0281