



Kelley Marie Paulson and Karl Paulson's Birth Plan

Expectant Due Date: 08/11/2009

Birth Attendant/OB:

Women's Health Care Associates
Dr. Catrina Bubier (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:

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

I'd also have:

- Music, DVD's, books, massage ball, Ipod, Champagne, focal point
- To take pictures and/or film before/during/after labor and delivery
- Dr. Catrina Bubier to deliver my baby, if possible, but she must be notified.

Upon admittance of Hospital or as soon as possible, an ultrasound must be preformed to double check the position of the baby to make sure the baby is not breech.

LABOR

I will be trying for a VBAC (Vaginal Birth After C-Section)

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 husband 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



LABOR (continued)

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

- To be allowed to progress free of stringent time limits, or if I become irritated, I would like to have some help.
- To Try for a VBAC.
- If baby is breech and labor is in early stage (and determined by ultrasound), try to rotate so head is down.
- Only use Pitocin or any additional "assisting" medications if baby or mother is in distress (Doctor **MUST** discuss the possibilities of use with me prior to administering.) Otherwise, allow the labor to progress on own.

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:

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

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

- Regional analgesia (an epidural is first option and/or spinal block) Spinal being the last and only option.
- Clean gloves (doctor only) and mask must be worn by EVERYONE who is behind me near or around the needle when procedure is being done.
- Anytime the epidural needs to be fixed, clean gloves and mask must be worn by EVERYONE who is behind me near or around the needle 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 husband to cut the umbilical cord & inspect the placenta

C-SECTION

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

- My husband present at all times during the operation
- The screen lowered a bit so I can see my baby coming out; I would like to see baby before he/she is cleaned.
- The baby given to me or my husband 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:

- Never take the baby out of my presence or my husband's presence. Baby to stay with us at ALL times.
- All newborn procedures to take place in my presence
- My husband to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot or rollout bed provided for my husband in the postpartum room
- Stand up and walk around as soon as possible
- Have a stool inside the shower to assist in bathing
- Order food as soon as possible (probably need reminder)
- Like a big cup in room for water
- Too leave hospital as early as possible after birth.

I plan to:

- Breastfeed exclusively
- Have a pump to assist milk in coming in
- Have a lactation consultant help me "re-learn"

The following can be offered to my baby:

- Please don't offer anything to my baby at any point, unless the pediatrician feels it is necessary to ask, but must be discussed with mother and father ahead of time.

I'd like my baby fed:

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

The page is framed by a decorative border of cartoon bees. There are 12 bees along the top edge, 12 along the right edge, 12 along the bottom edge, and 12 along the left edge. Each bee is yellow with black stripes, two antennae, and small wings.

POSTPARTUM (continued)

I'd like:

- 24-hour private room with rooming-in with my baby
- To have a cot or rolling bed for my husband in the postpartum room
- My other child brought in to see me and meet the new baby as soon as possible after the birth.
- I'm interested in checking out of the hospital early.

PAIN RELIEF

- To be administered on a scheduled timing, instead of when asked.
- Wake me if sleeping to give medicine

If my baby's a boy:

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

Appointments for the Women's Healthcare (needing to be cancelled)

June 29th, 2009 at 1:30 with Dr. Bubier at Littleton

July 6, 2009 at 9:00 ultrasound & doctor visit with Dr. Bubier at Littleton

July 14, 2009 at 4:20pm with Dr. Watt at Swedish

July 21, 2009 at 10:40pm with Dr. Bubier at Littleton

July 29, 2009 at 2:30pm with Dr. Bubier at Littleton

August 3, 2009 at 10:50am with Dr. Bubier at Swedish

August 11, 2009 at 2pm with Dr. Bubier at Littleton

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 (Husband's) cell phone: 303.596.1526

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

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

Chris Paulson (father in law) cell phone: 303.915.0281