

# Gentle Cesarean Birth Plan Ideas

Below are examples of what can be considered when planning a Gentle Cesarean.

## During Surgery

- All medications suitable for breastfeeding
- Decline sedatives; use non-drowsy form of anti-nausea medicine (like Zofran)
- I would like you to ask, "Are you ready to have your baby now?" before the operation
- Please explain surgery to me as it happens
- Double-suture the uterus
- Stiches, staples or glue for the outside incision
- Warm blanket during surgery
- Music
- Can your doula be present?
- Pictures/videos during the operation?
- Request that side-chatter be minimized during the birth, and that the staff in the room focus on discussing the birth (not traffic, sports, weather, etc.)
- Do not want arms strapped down
- IV, oximeter and blood pressure cuff placed on non-dominant arm so you can touch baby
- ECG leads to be placed on back to free up chest for skin-to-skin

## Baby

- Lower the drape/use a mirror/clear surgical drape so you can see baby being born
- Allow for natural mimic of transition through slow delivery; simulating the vaginal squeeze
- Partner to announce gender of baby
- Delayed Cord Clamping
- Keep the umbilical cord long for my partner to cut while baby is in my arms
- I would like to see/touch the placenta and cord
- Immediate skin-to-skin if the baby and Mom is well; I would like my partner to help support this if I am physically unable to hold the baby there.
- I would like to begin breastfeeding in the OR if possible.
- All newborn tests, measurements and procedures to be performed with baby on my chest
- Erythromycin (eye gel), Vitamin K, Hep B?

*Krystyna's note: consider microbiome seeding*

## Recovery

- Baby kept with us at all times; partner to accompany baby on any outside testing
- Do not bathe baby or we prefer to bathe or baby in our room
- I would like my catheter out early the morning after surgery
- I would like to eat and have the IV removed as soon as possible after surgery
- I will be nursing on demand. No formula or pacifiers.