



YOUR DETAILS

Name: BEKJUT Contact Number: FUCK OFF

Email Address: FUCK OFF

Birth Partner's Name: NONE OF YOUR BUSINESS Contact Number: FUCK OFF!!!

Due Date: THIS YEAR, LIKE NOVEMBER I GUESS

Name of obstetrician / midwife: I DUNNO, WHO CARES?

Other birth-support (doula/other family): WHAT THE FUCK IS A DOULA?

Where do you want to give birth?

- Hospital: WHERE THE FUCK ELSE WOULD I GO?
- Birth Centre: _____
- At home
- Not sure yet

LABOUR & BIRTH

- Dim lights
- Aromatherapy oils
- OK to have training medical staff observe labour & birth
- Other: MY MATE IS GONNA DO A DJ SET
- Quiet music
- Wear my own clothes

Mobility during labour

- I would like to keep active during labour if possible (walking, fitball, etc.)
- Mobility is not important to me GIVE US A WHEELCHAIR

Relaxation and comfort during labour

- Massage YES!
- Shower
- Bean bag
- Acupressure
- Other: SMOKING A SPLIFF DURING THE BIRTH FOR SURE
- Bath
- Fit ball
- Hot towels
- Hypnotherapy

Do you want to use any special facilities?

- Birthing pool
- Other JUST A BIG BUCKET IS FINE



Position(s) for labour & birth

Tick as many as you like - underline preferred birth position

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Standing |
| <input type="checkbox"/> Squatting | <input type="checkbox"/> Sitting |
| <input type="checkbox"/> Kneeling | <input type="checkbox"/> Lying down |
| <input type="checkbox"/> Birth Stool | <input checked="" type="checkbox"/> Other <u>I'M GONNA SQUAT OVER THE BUCKET</u> |

Foetal Monitoring

- Continuous monitoring (will mean limited mobility)
 Intermittent monitoring
 No monitoring - except in emergency situations STAY OUT OF IT

Vaginal / Cervix Examinations

- I would like minimal examinations
 I am happy for examinations as deemed necessary by medical staff
 No monitoring - except in emergency situations STAY OUT OF MY SHIT

Pain Relief

- Do not offer; I will ask if I want pain relief
 Offer if I appear uncomfortable
 Offer as soon as possible ✓✓

Medical pain relief options

Number any acceptable options in order of preference

- ~~I would like to try to manage without medical pain relief options.~~
 Gas / Air
 Epidural
 Pethidine
 Other WEED, ENDONE, VALIUM WHATEVER'S GOING

Rupturing of the amniotic sac

- I prefer my amniotic sac be allowed to rupture on its own WHAT THE FUCK?!?!

Episiotomy

- I do not want an episiotomy unless there is an emergency situation
 I would like an episiotomy to reduce the risk of tearing DON'T KNOW WHAT THIS MEANS, DON'T TEAR MY SHIT UP

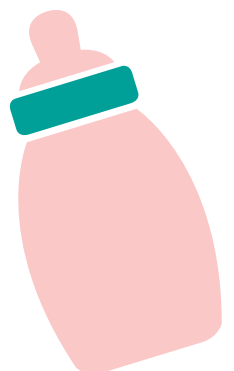
Delivery

- I would like to touch baby's head when it crowns
 I would like a mirror available to view pushing/crowning/birth HEHE

Immediately following delivery

Tick as many as you wish

- want baby placed on my chest immediately after birth YUCK
 Please delay cord clamping and cutting until pulsating ceases WHAT?
 I would like my birth partner to cut the cord JUST GET A DOCTOR TO DO IT,
 I would like to cut the cord FUCK MAN IT'S YOUR JOB
 Birth partner does not want to cut the cord
 I would like to hold the baby while the placenta is delivered YUCK
 I do not want an injection to assist with placenta delivery INJECTION OF WHAT?
 I would like the baby to be examined in my presence DON'T CARE
 If the baby cannot be examined in my presence, I would like my birth-partner to remain with the baby at all times
 I want to donate cord blood to the public cord blood bank (if service is available)
 I want to bank cord blood privately CORD BLOOD IS ALREADY SPOKEN FOR



Assisted delivery

If additional medical assistance is required for the birth, I would prefer:

- Assisted delivery - forceps
- Assisted delivery - ventouse
- Caesarean section

I PAY TAXES AND YOU ARE A FUCKING HOSPITAL! YEAH I WANT ASSISTANCE, I WANT YOU TO BASICALLY DO THE WHOLE FUCKING THING! DO I LOOK LIKE A FUCKING DOCTOR???

Caesarean

In the event that a cesarean section is deemed necessary, I would like the following:

- Birth partner present
- Photos / video *HAAA YES!!*
- I would like the procedure described as it is happening
- Other: *KNOCK ME OUT. SERIOUSLY, KNOCK ME OUT FOR THIS.*
- Other support present
- Screen lowered at delivery

BABY CARE

Feeding Baby

- I wish to breastfeed exclusively
- I wish to breastfeed, but formula supplementation is acceptable
- I wish to formula feed
- I do not want baby to be given a pacifier
- I would like to meet with a lactation consultant



Vitamin K

- I would like my baby to have the single injection of Vitamin K
- I would like my baby to have oral Vitamin K
- I do not want my baby to have Vitamin K

Hepatitis B

- I would like my baby to be vaccinated with Hepatitis B vaccine before discharge

OBVIOUSLY. I'M NOT A MORON.

Any Special Dietary Requirements for the new Mum

PRETTY KEEN ON SOME BBQ. LIKE TEXAS STYLE BRISKET OR SOMETHING LIKE THAT?

Any other special needs for new Mum and/or birth partner (language, religion, disability, etc)

CAN I BRING MY PS4 OR DO YOU HAVE ONE?

Length of stay in hospital

- I would like to have as short a stay as possible in hospital
- I would like to stay in hospital for 1-2 days after the birth
- I would like to stay in hospital for more than 2 days after the birth *GIVE US A GOOD ROOM*

In the event that baby requires special care due to trauma or illness

- I would like to breastfeed/pump breast milk
- Birth partner will accompany baby if transferred to another hospital
- I would like to be transferred to baby's hospital

Your Signature: _____

Date: _____

Healthcare Provider's Name: _____

Healthcare Provider's Signature: _____

Date: _____