



Birth Plan

For LF and DD
at Swedish Hospital

OB: Dr. J. K
Doula: Kim James

To Whom It May Concern:

We are looking forward to the birth of our first child at Swedish Hospital. We hope to just enjoy the birthing suite at Swedish, let nature take its course and get on with having a baby in as natural a way as possible. We realize and accept that there may be life-threatening circumstances that require intervention; however, we know that vast majority of women can give birth naturally so that is our goal.

- Please DO NOT offer medical pain relief, including an epidural. It is our hope to have a natural birth.
- We would like to be left alone in quiet with our doula except for vital signs and delivery.
- We would like to be able to eat, drink and move about the room as we feel comfortable.
- Unless mother or baby's condition warrants it, mother prefers not to have an I.V. or heparin lock.
- We request intermittent fetal monitoring. We request that all interpretation of this not be discussed in our presence without Dr. Kimelman unless we request interpretation or there is a life-threatening situation.
- Unless there is a life-threatening situation, we prefer not to be separated from our baby.

Thanks for helping us!