

The Hospital Birth Plan

Written by Molly Remer, MSW, ICCE

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Tuesday, 01 December 2009 00:00 - Last Updated Thursday, 31 October 2013 10:58

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To be asked to give a urine sample and perhaps a blood sample.

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To have an ID bracelet attached to your wrist

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To have to sign a consent form that states your doctor will be responsible for making the

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Do not lie down, even if you agree to fetal monitoring. Sit on the edge of the bed, on a birth ball

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Learn relaxation techniques. A calm mind and deep breath cannot be taken away from you, no matter what happens. The book *Birthing From Within* contains several breath-awareness strategies.

During pregnancy, ask questions and research any medical procedure that is recommended to you, such as a non-stress test, a regular sonogram or a gestational diabetes test. A good place to start is at Childbirth Connection (childbirthconnection.org), where they

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