

HALLYM UNIVERSITY HOSPITAL BIRTH PLAN CHECKLIST

Share your birth plan with your
health care team

A birth plan gives you the
opportunity to clarify
your preferences for labor and delivery.

Use this checklist to help you
decide what will make your
delivery as comfortable and
memorable as possible.

OUR SERVICE PROCESS

Make an appointment (phone call, fax)

Visit the International Healthcare Center (1st floor)

See a doctor for consultation

Receive appropriate medical exams, if necessary

Make a follow-up Appointment, if necessary

Receive medication at the hospital pharmacy

FOR FURTHER QUESTIONS OR
SPECIAL REQUEST,
PLEASE CALL AN INTERNATIONAL
STAFF OR OBGYN STAFF

International Healthcare Center opens

at 8:30am to 5:00pm.

Tel : 031-8086-2300,2400

Email : ihc@hallym.or.kr

Website : <http://eng.hallym.or.kr>

INTERNATIONAL HEALTHCARE CENTER



The international Healthcare Team at
Hallym University Dongtan Sacred Heart Hospital
will help the Tricare members to seek
out the best treatment options and enable
patients and their family to concentrate
on healing during their stay with us.

CONSULTANT :

-Jang, Pong Rheem, MD, OBGY

-International Healthcare Center

Produced by International Healthcare Center

PRE-LABOR

- I'd like to go into labor naturally.
- I'd prefer my water to break on its own

PRE-LABOR

- I'd like to bank my baby's umbilical cord blood.
- I'd like to remain home as long as possible.
- I want to be able to get up and walk around.
- I'd like to be allowed to push instinctively.
- I'd like to be coached on when to push and for how long.
- I'd like to have low lighting during labor.

ATTENDANTS

- Partner
- Doula or birth assistant
- Children
- Relatives
- Friends

► Your choices will be considered by OBGYN staffs, but depending on doctor's opinion, it could be changeable. Thank you for your understanding and cooperations.

PAIN MANAGEMENT

I would like to have the following available for pain management during labor:

- Music
- Aromatherapy (You can pick 1 aroma candle among 3)
- Medication
- Epidural Anesthesia

I would like to try the following positions:

- Semireclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right

My partner would like to help:

- Clamp and cut the umbilical cord

I would like to:

- Avoid a routine episiotomy
- Hold the baby immediately after birth
- Breast-feed as soon as possible
- Not get routine Pitocin after I deliver the placenta

If a Caesarean section is necessary:

- I'd like an epidural as a spinal anesthesia.
- I'd like my partner to stay with me at all times.
- I'd like my partner to hold the baby as soon as possible after delivery.
- I'd like to breast-feed in the recovery room.

Patient Label

POSTPARTUM

- I'd like to stay in a private room.
- I'd like my baby to stay in the room with me.
- I'd like my baby with me only when I'm awake.
- I'd like my baby brought to me only at feeding times.
- I'd like a cot for my partner to stay with me.
- I'd like my children to visit me and the baby as soon as possible after the birth.

FEEDING

- I plan to breast-feed.
- I plan to combine breast and bottle feeding.
- I plan to bottle feed.

I'D LIKE TO CHECK OUT OF THE HOSPITAL

- As soon as possible after delivery
- Within 24 hours after delivery
- After 48 hours or when it is considered safe for me to leave
- I'd like my baby to take a hearing test before discharge from the hospital