

Birth plan

The birth plan is a useful resource for you and others to prepare for the birth of your child. Although childbirth cannot always be planned in detail, we believe it is important to carefully discuss the birth plan with you and, if applicable, your partner. This way, we can clearly map out your wishes and expectations. We will then take these into account as much as possible during labour, so we can offer you the appropriate support.

Four weeks in advance

Bring the completed plan to your birthing consultation. If you have completed the birth plan with your partner, it is a good idea to attend the consultation together.

This birth plan is added to your records so that it's always available, before and during the birth of your child. When you submit the birth plan, your answers do not have to be definitive. You may always change your mind, even during the delivery.

Good to know

- Your obstetrician or gynaecologist will explain the birthing options (a birthing stool, bath and birthing positions).
- Up to three other people may attend the birth at the hospital.
- An assisted delivery will only be performed if it is medically necessary.
- Your loved one or family member may cut the umbilical cord should he or she so wish.
- Our goal is to place your baby on your chest after the delivery. And, should you choose to breastfeed your baby, you will be given the opportunity to do so within an hour of the delivery.
- According to HMC policy, filming is not allowed during the delivery. Photos, however, are permissible.
- Your obstetrician or gynaecologist can meet many of your plan. We will, naturally, continue to operate within the medically responsible limits.

Questions in preparation on your digital birth plan

- + What is your previous experience in regards to child birth? (e.g. previous births)
- + What is your top 3 of plan for this birth?
- + What is your top 3 of things you'd like to avoid for this birth?
- + Who would you like to be present during the birth?
- + What did you do to prepare for this birth?
- + What are your plan with regards to position and support?
- + What are your plan with regards to handling contractions and labour pains?
- + How would you like our staff to support you? Do you wish for continuity of support?
- + Would you like to hold your baby skin to skin immediately after birth?
- + Do you have plan for the first hour after birth?
- + Do you plan to feed your baby breast milk or formula? Are there any special requirements?
- + Would you like to discuss anything else regarding your care?

Pregnancy roadmap



www.haaglandenmc.nl



www.degynaecoloog.nl



www.deverloeskundige.nl



www.allesoverzwanger.nl

Name:

Due date:

Emergency telephone number deliveryrooms
Westeinde Hospital
088 979 21 04

	Doctor/ultrasound technician/obstetrician	Doctor's assistant/nurse/obstetrician/doctor	Arrange independently	Informational materials	Additional information
8-9 weeks	Ultrasound: to determine the baby's vitality Information about examinations and testing during pregnancy: prenatal screening Laboratory: blood samples drawn See additional information Care provider writes a letter for the GP	Blood pressure: Weight: Height: Information on a healthy pregnancy	Permission to share medical data Permission to share data with obstetric care providers.	RIVM 'Pregnancy' brochure RIVM '13 and 20 weeks' brochure RIVM 'Prenatal screening' brochure Pregnant! (Zwanger!) informational flyer from the dietary centre Informational flyer on pregnancy courses Information about feeding your baby	See page 20 of the Pregnancy brochure produced by RIVM to find out what your blood will be tested for. For additional information, visit: www.allesoverzwanger.nl Laboratory form Step 1: Visit the website MijnHMC and log in with your DigiD Step 2: Go to AGENDA Step 3: type LAB in the search function in the left upper side of the screen Step 4: Open "Brief voor laboratorium", this is the laboratory form. For information about providing permission to share medical data, visit: www.volggezorg.nl Information on the HMC-VSV alliance and on HMC brochures is available at: www.haaglandenmc.nl/specialismen/afdeling/verloskunde .
11 weeks	Dating scan and counseling for 13 and 20 weeks structural scans, NIPT and if required blood draw for NIPT.		Registration with a midwife for a postnatal check-up Registration with a maternity care organisation. Print out pregnancy statement		Complete the questionnaire about your health digitally. Through MyHMC, we will also send you interesting brochures regarding your pregnancy and delivery.
13 weeks	Optional 13 week structural scan				
16 weeks		Listen to the baby's heart tones Blood pressure:	Not married? Arrange for the acknowledgement of the baby, if applicable	Information about feeding your baby Information about pertussis (whooping cough) vaccine KNOV 'Feeling your baby move' brochure	Governmental website: www.rijksoverheid.nl/onderwerpen/erkenning-kind
18-20 weeks	Echo: structurele echo		Registration for a pregnancy course		
24 weeks	Check-up of foetal heart rate and development Information about feeling life Laboratory: OGTT (oral glucose tolerance test) blood sugar test, if applicable.	Blood pressure:	Purchase or order a maternity care package from your health insurer Pertussis (whooping cough) vaccination, if applicable. between 22 - 32 weeks. Visit: www.22wekenprik.nl		
27-28 weeks	Check-up of foetal heart rate and development Laboratory: testing for blood Hb (haemoglobin) level, MCV and, if applicable, rhesus factor blood groups and OGTT (oral glucose tolerance test)	Blood pressure:	Attend information evening hosted by HMC. Visit: www.haaglandenmc.nl/agenda	VSV-HMC birth plan	Complete the questionnaire about your experiences with obstetric care digitally.
30-32 weeks	Ultrasound: foetal development Consultation about delivery methods	Blood pressure: Consultation about the birth plan and information about giving birth Anti-D injection at 30 weeks of pregnancy, if applicable Weight:	House visit by the maternity care organisation	KNOV 'Dealing with pain' brochure, HMC 'Pain relief' brochure Information about feeding the baby and a brochure on nutrition RIVM 'Screening of the baby' brochure Insuring my child	
34-35 weeks	Check-up of foetal heart rate and development Position of the baby Laboratory: testing for blood Hb level and MCV (mean corpuscular volume)	Blood pressure:	Arrange for bed raisers at a home care store		
37 weeks	Check-up of foetal heart rate, development, position and station (degree of foetal head descent in pelvis)	Blood pressure:			
39 weeks	Check-up of foetal heart rate, development, position and station (degree of foetal head descent in pelvis)	Blood pressure:			
40 weeks	Check-up of foetal heart rate, development, position and station (degree of foetal head descent in pelvis)	Blood pressure:			
41-42 weeks	Check-up of foetal heart rate, development, position and station (degree of foetal head descent in pelvis) Serotonicity (overdue) consultation	Blood pressure:		HMC 'Serotonicity' brochure	