

Your caesarean plan

Soon, you will birth your baby via a planned caesarean procedure. Once the scheduling is clear, you'll be notified of the date and time you're expected on the Birth Care Ward of St Antonius Hospital.

You've most likely heard of a birth plan. In the same spirit, we would now like to ask you some questions to determine whether and how we can fulfil your expectations for the caesarean birth. We would appreciate if you could complete this caesarean plan and bring it to your next check-up for discussion with your GP. Thank you very much!

Name :

Date of birth :

Circumstances permitting, would you like your partner to be present for the epidural?

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Photographs may be taken during the caesarean procedure. A medical staff member in the OR can take photographs for you. We operate under the assumption that you'll bring your own camera. Typically, photos are taken of your baby the moment it is born, of the clock and of you with your partner after the delivery. You may arrange for your own birth photographer, who is allowed to attend the delivery. Do you have any other wishes?

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You have the option of watching the birth of your child. Would you like that?

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Your baby can be placed upon your chest. Would you like for us to do that?

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You also have the option to view the placenta. Should you wish to do so, you can view it upstairs on the ward.

- We do not wish to see the placenta
 We do wish to see the placenta on the ward

After the operation, you'll have a brief stay in the recovery room. Next, you'll be transported to the ward. While in transit, you may keep your baby on your chest. Would you like for us to do that?

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By now, you've most likely chosen how you will feed your baby. If you've chosen to breastfeed, would you like us to help you latch the baby for the first feeding while you're in the recovery room? Or would you prefer to wait and do this once you're back on the ward?

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With planned caesareans, we try to let you be with your baby straight away. If the caesarean procedure is performed during the evening or at night, your baby might be taken to the Birth Care Ward earlier by the nurse. Your partner always accompanies your baby to the ward. Were you aware of this?

Thank you for your cooperation,
Team Geboortezorg.