

Preparing for Childbirth Checklist

BEFORE YOU GO TO THE HOSPITAL

- ☐ Organize and prepare important documents and information, such as:
 - Insurance card & photo ID
 - Completed hospital pre-registration paperwork
 - List of medications
 - Emergency contact phone numbers
 - Copies of your birth plan
 - Review and finalize your birth plan (for more information on creating a birth plan, read *Your Anesthesia Birth Plan* on AnesthesiaAnswers.org)
- ☐ Discuss your medical history with your provider
 - Include prior anesthesia experiences and any health conditions or surgeries
 - Tell your provider if you take blood thinners or have a bleeding disorder.
- ☐ Ask about hospital policies on visitors, eating, and moving around while in labor
- ☐ Ask your provider when to come to the hospital, usually for:
 - Contractions that are coming regularly
 - Water breaking
 - Bleeding
 - Less movement from the baby

AFTER DELIVERY

- ☐ If you received an epidural or spinal anesthetic, do not try to get out of bed without assistance until cleared to do so
- ☐ Report any severe headache, back pain, nausea/vomiting, and/or weakness or numbness that does not improve over time

IMPORTANT REMINDERS

- ☐ Write down any questions you may have for your medical team
- ☐ Make sure your support person knows your wishes for your birth plan
- ☐ Ask about your delivery and pain management options
- ☐ Your medical team will work with you to keep you and your baby safe while honoring your birth plan.