

Following are some of the questions that are usually included in a birth plan:

- Do you want your partner or a designated companion(s) to accompany you during labour?
- Do you want your spouse or companion to accompany you if you have to undergo a Caesarean section or a forceps birth, for example?
- Is equipment such as mats, a birthing chair or bean bags accessible to you if you want it, or can you bring your own?
- Are there any particular facilities, such as specific rooms or birthing pools?
- If everything is normal, how do you want your baby's heart to be monitored?
- Do you want to be cared for and delivered exclusively by women?
- Is it imperative for you to be able to move about while in labour?
- Which position do you wish to be in during the birth?
- Which type of pain relief would you like to try if you think you need it? If you wish to try to avoid pain medication, include it in the birth plan as well.
- Is it possible to get an epidural at any time?
- Do you want to use any other methods to cope with labour, such as warm baths, massage, or other therapies?
- How do you feel about an episiotomy?
- Do you have any sentiments concerning the injection of Syntocinon or Syntometrine that is normally given to you after the delivery to help the womb contract?
- How do you wish to feed your child?
- Do you want your infant to be with you all the time? If you wish to breastfeed, add a note that you want your baby to be close to you at all times or brought to you when hungry so that you can feed on demand.
- Do you want your baby to have vitamin K, and by which route?
- Is there anything you think you may require additional assistance with?
- Do you require someone who speaks your native language?
- Do you require the services of a sign language interpreter?
- Do you need to follow a specific diet?
- Do you or your partner or companion have any specific needs that should be considered, such as the use of a guide dog or a wheelchair?
- Do you have any specific religious customs you would like to follow?