



Perinatal Loss Birth Plan

"This birth plan represents our wishes for labor, delivery and postpartum care. We know situations can develop that may require changes to our plan, but we ask that this plan serve as a guide for those caring for us and for our baby. We also know that we may change our plans."

Partner's Name

Siblings (name and age)

Baby's name (if chosen)

Preferred language

Need for interpreter

Labor and delivery

We would like to have the following principles applied during labor and delivery whenever possible:

While going through labor and delivery, I would like to have my pain control based on:

We would like to have _____ cutting the umbilical cord.

Here are our preferences for the time of labor and delivery:

We wish to go home when we have spent all the time we wanted with our baby

as soon as possible (the minimum is 6 hours after delivery)

Just after birth

We wish to have the opportunity to have moments with our newly born infant,

- We would like to:*
- See our baby*
 - Hold our baby*
 - Be offered skin-to-skin*
 - Bathe our baby*
 - Be offered the cuddle cot*
 - Spend time alone with baby*
 - Presence of sibling(s)*

The following visitors are welcome in the delivery room after the birth of our baby:

Please consider the following in caring for all of us:

Memorabilia

This moment is very important to us and we would appreciate being able to create our own memories. That may include:

- Prints (hand / foot)*
- Lock of hair*
- ID bands*
- Pictures **
- Memory box*
- Weight and length*
- Other(s): _____*

**Professional services are available for free from Fondation Portraits d'Étincelles*

Support while in the hospital

- We would like support from the hospital spiritual care team (for emotional Support, To do a small Ceremony, to say Prayers for all faiths)*
- We would like support from the hospital social worker*
- We would appreciate a representative from our faith community to be with us.*
- We would like you to know the following:*

End of life environments

In planning for the funeral arrangements for our baby, please consider:

- We would like information on autopsy (Advise Obstetrician on call)*

Our wishes for funeral arrangements are (we know we have 2 weeks to make our final decision):

- We wish for the hospital to take care of our baby's remains*
 We wish to organize our own ceremony (we need to choose a funeral home)
-

Consultants to be called / informed of the birth of our baby

Please call / inform the following consultants when our baby is born:

- Genetics _____ Other: _____
-

Other important information

- We received "You are going through a difficult time" & booklet "Losing a baby"*
- We have been given information on (See reverse for more details):*
- Plan of care Stages of labor Pain management Papers to be signed
- What to expect at delivery What will baby look like Coping with questions from colleagues/ others
- Grief process What is complicated grief Sibling grief Milk letdown
- Postpartum care, including possible complications & what to do (hemorrhage, infection, blood clot)
- Follow-up with our doctor in 8-10 weeks Autopsy results Pictures and memory box

Other information needs:

Date of last update: _____

Important information for parents

- Please make a follow-up appointment with your obstetrician in 8-10 weeks
 - If you asked for an autopsy, preliminary results could be available. Make sure to ask.
 - Final autopsy results may take 6-12 months. If you have no news, call your doctor to ask.
- Funeral arrangements
 - If you want to make your own funeral arrangements for your baby, you need to contact a funeral home. They will take care of communicating with the hospital to pick the baby up.
 - If you have asked for an autopsy, it is usually performed within 2 business days. The funeral home can call the hospital after that.
 - If you want the hospital to take care of your baby's remains, here is what happens:
 - The funeral home picks the baby up from the hospital and arranges for the baby to be buried in a community section of their cemetery in Laval (Magnus Poirier funeral home)
 - You have 2 weeks to change your mind about the care of your baby's remains.
 - If you change your mind, call 514-934-1934 extension 34778 (if absent extension 36677)
- Baby pictures and memory box
 - You can have the memory box before you leave the hospital
 - For your baby's pictures call 514-934-1934 extension 34778. You can get them by email or on a DVD, starting one week after your delivery.
 - If you don't want the pictures or the memory box, we keep them for you in case you change your mind. If you decide that you want them, call the above number.
- Our pamphlet and booklet on Perinatal loss are available on our website:
 - <https://muhc.ca/obstetrics-and-gynecology>
 - ✚ Perinatal loss tab