



Planned Caesarian
Section Rainbow
Birth Plan (short
version)

I am pregnant after a loss. I wish to be treated with dignity and kindness and want to minimise anxiety by creating a safe space with professionals that understand and are sympathetic to my circumstances.

I would like everyone in theatre to understand our circumstances, and would like the care team supporting us in recovery and afterwards to fully understand our circumstances so that we do not have to repeat our situation.

This includes Doctors, midwives, students, cleaners etc.

My name is

My birth partner is called

They are my

Birth partner involvement

I would like the following items, if possible, into the room with me

During the C-section

My views on pain relief are

After the birth

If I choose to breastfeed

My views on checking the baby for tongue tie are

My views on students being in the room are

My views on Vitamin K are

In terms of breastfeeding I would like

When I leave the hospital, I would like additional visits from the community midwife/health visitors for the first few weeks after the baby has been born to help us feel more confident and reassured

Additional information I would like you to be aware of