

# My Birth Plan

Name: \_\_\_\_\_

My Due Date:

Where do I plan to delivery my baby?

*Talk to your healthcare provider early on about the options available to you. They can discuss the pros and cons of planning to have your baby in a health centre close to you or a larger hospital.*

If I plan to go to the city to deliver my baby, when should I go?

*Date to go to the city = Due date – 2 weeks*

Where will I stay?

How will I get there?

Who will I call when I go into labour?

1<sup>st</sup> person:

Phone number:

2<sup>nd</sup> person:

Phone number:

3<sup>rd</sup> person:

Phone number:

*Take the time early on in your pregnancy to figure out who your support people will be throughout your pregnancy and at your delivery. Make sure they know what you want from them (a ride? some food? a hug?).*

How will I pay for the trip?

How will I get back home?

I have a diaper bag for my baby ready to go.

I have an overnight bag for me ready to go.

I have an approved car seat ready to bring my baby home in.

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Who am I going to call if I am struggling with feelings (anxiety, sadness, frustration)?

Person:

How to contact them:

My doctor or nurse's phone number:

My public health nurse's phone number:

My dietitian's phone number:

**HealthLine**

Just dial '811'

*HealthLine is confidential, free and open 24-hours a day, 7 days a week.*

*When you call 811, you can speak to a registered nurse who will talk with you, answer your questions and help you decide what to do.*

*HealthLine also provides mental health and addictions crisis support. A registered psychiatric nurse or social worker will listen to your concerns. They will help you manage your situation and connect you to services in your community.*

**medSask**

1-800-665-DRUG (3784)

*Do you have a question about prescription drugs, over-the-counter medication or herbal remedies?*

*Call medSask at 1-800-665-DRUG (3784) or email them at [med.sask@usask.ca](mailto:med.sask@usask.ca)*

*You can also ask a question through their website: [www.medsask.usask.ca](http://www.medsask.usask.ca)*

*This service is confidential, free and open Monday to Friday from 8:00am to 12 midnight, and on weekends and holidays from 5:00pm to 12 midnight.*

*When you call medSask, you can speak to a licensed pharmacist who will talk with you and answer your questions.*

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**Who will help me if I have issues  
breastfeeding (public health nurse, peer  
support, friend, lactation consultant)?**

Person:

Phone number:

**Other support people I can contact (elder,  
spiritual guide, and so on):**