

If your baby's birth is expected to be different from a typical birth, we are here to help. Perhaps you have experienced a previous loss, or your pregnancy and birth are raising challenging emotional issues for you. Perhaps you are experiencing pre-term labor and don't know how much longer your baby will be able to grow in your womb before being born. Or perhaps you have received a prenatal diagnosis that indicates your baby has a serious medical condition, maybe even a life-limiting condition that means your baby's life is expected to be very brief.

Whatever your circumstances, if you feel that you are falling outside regular birth classes and birth preparation for any reason, we offer individualized birth planning.

Allina.com is a health information Web site that provides in-depth medical information along with local information about doctors, services, support groups and classes. Please call 612-262-3333 or 1-800-877-7878 toll free, for more information on classes and physician referrals.

Location and Parking

United Hospital is located in downtown St. Paul, near the Cathedral of Saint Paul and Capitol Hill. United is easily accessible from I-35E (north and south), as well as the Marion and Kellogg exits from I-94 (east and west).

Patients, families and visitors may park in one of four ramps. All ramps are connected to United Hospital by underground corridors; the Gold Ramp also has a skyway. Valet parking is available from 6 a.m. to 6 p.m. Monday through Friday at the front entrance of the hospital, and from noon to 10 p.m. at the entrance to the Emergency Department.

WOMEN'S HEALTH UNITED

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WOMEN'S HEALTH UNITED

birth planning in special situations

preparing to welcome your baby



What is birth planning?

Birth planning is a way of conveying your wishes for your baby's birth and for the care of your baby and you.

You may be feeling that you don't know what to do, or even what questions to ask. Birth planning can help you understand your options and explore options that other parents have chosen. It can help you learn what feels best for you and your baby. And it provides a structure so you and your caregivers can work together to make your baby's birth as close to what you are envisioning as possible.

In your circumstances, you may feel that your hopes for the birth you imagined are gone. But it's not all gone. We can help you find other possibilities you can celebrate.

"I want my baby to be loved and held every moment of his life."

"I want assurance that my physical pain will be relieved."

"I wish for a room that looks and feels different from my last experience."

"I want people to embrace this baby's life."

Choices and possibilities

We can help you summarize your vision for your baby's birth and then help you fill in the details to help make it happen.

Many options are available for you. Depending on your circumstances, you may wish to discuss choices including:

- support people at the birth or in a nearby room
- medical decisions for baby
- pain relief
- baptism or naming ceremony
- collecting keepsakes such as footprints and handprints
- photographing your baby
- involving siblings and family

Perhaps you would be comforted by technology such as the beeping of a heart monitor while you labor, or perhaps you would prefer to hear calming music. Perhaps you would like a joyful birthing room filled with people, or perhaps you are envisioning something more peaceful and intimate. If your baby is expected to be transferred immediately to the NICU, for example, you can make plans to send along a small blanket with your scent so your baby can sense your presence.

No matter your circumstances, we can help you find something beautiful in the birth of your baby.

How does the process work?

You may contact our perinatal high-risk support and education specialist directly, or a genetic counselor or other caregiver can make that call for you if you prefer.

You'll have an initial phone conversation to share information about you and your baby. Then you'll make an appointment to meet in person, a meeting that generally lasts about two hours. Your spouse, partner, or other support people are encouraged to attend with you. You will then have time to go home and think about your wishes before a follow-up meeting to put your wishes in writing.

We will help you communicate your plans and wishes to your caregivers. And your birth plan is always a work in progress; it can be adapted as new information arises or if your wishes change.

This is a community service offered by The Birth Center of United Hospital. You are eligible even if you are planning to give birth to your baby elsewhere.

This service is free of charge.

For more information or to make an appointment, contact:

Annette Klein, R.N., perinatal high-risk support and education specialists at
(651) 241-6206