

**PLAN BEFORE LABOR**

Emergency Care and Transport Plan

A client-friendly worksheet for backup contacts, hospitals, routes, records, and family logistics.

Public education only. This guide is not a diagnosis, medical order, emergency service, or substitute for individualized consent and clinical assessment.

Why every family makes a plan

- Most planned births do not require emergency transport, but complications can arise in any setting. A written plan reduces confusion and supports faster communication if hospital care becomes appropriate.
- The plan is reviewed during prenatal care and should be complete with your birth supplies by about 35-36 weeks.

Choose and document

- Your preferred hospital and the closest hospital capable of emergency obstetric and newborn care.
- The primary route, an alternate route, typical travel time, parking or emergency entrance, and who will drive when ambulance transport is not required.
- Primary midwife, backup midwife, assistant, obstetric consultant if applicable, pediatrician or family physician, emergency contacts, childcare, and pet care.
- Where identification, insurance information, medication list, prenatal records, and a hospital bag will be kept.

During a transfer

- Julia makes every effort to notify the receiving facility, provide a concise report, and share records with your permission.
- When circumstances allow, she remains with you as an advocate and labor support person. She does not have hospital privileges and will not direct hospital medical care.
- Emergency medical services may be activated when a condition is time-sensitive or life-threatening.

Review your plan

- Reconfirm the plan if you move, change hospitals, change pediatric providers, or learn about road closures or major construction.
- Make sure every support person knows the plan and understands that consent, safety, and clear communication guide decisions.

Important: In a life-threatening emergency, call 911 first, then notify Julia as soon as it is safe to do so.



Questions for your next visit

Use the space below to write questions, preferences, or details you want to discuss privately with your care team.



Emergency Care Plan Worksheet

Complete and review this worksheet with your care team by about 35-36 weeks. Keep it with your birth supplies.

Client name

Home address

Primary midwife

Backup midwife / assistant

Preferred hospital

Closest appropriate hospital

Primary route

Alternate route

Obstetric consultant, if applicable

Newborn care provider

Emergency contact

Childcare plan



Pet care plan

Hospital support person

Location of ID / insurance / medication list / records

Location of packed hospital bag

Current Cleveland Homebirth contact numbers

Primary: (216) 801-1166 | Alternate: (513) 604-6639

In a life-threatening emergency, call 911 first. Notify Julia as soon as it is safe to do so.