Amy Myers, MD Birth Plan for
Elizabeth Grace Garcia
3.3.17

1. Seeding: To do this,
   • Soak sterile gauze with sterile saline water
   • Insert into in the mother’s vagina for one hour before the C-section
   • Within two minutes of birth, swab baby with the gauze starting with the mouth, then the face, and the rest of the body

2. Give Vitamin K drops (Amy has them), do not give vitamin K shot.

3. Delay bath 48 hours and use Amy’s soap (soap we used).

4. Do not give Hepatitis B vaccine.

5. We have brought our own formula. Do not give hospital formula. We will be adding vitamin K, vitamin D, Omega 3 Fish Oils, and infant probiotics.