



## Questions to Ask Providers

What are your philosophies and beliefs about birth?

How much choice will I have in the decision making process of pregnancy/birth?

What are your thoughts on pain relief during labor?

How do you feel about my birth plan & do you foresee any problems with it? Are you willing to sign off on it?

Are you amenable to working with Doulas?

What hospitals do you attend?

What are your thoughts on electronic monitoring and when do you think it should be used?

What kind of screening tests (ex. Genetic) do you offer/require, and do I have options?

What is your induction rate and when do you think induction of labor should be considered?

What is your episiotomy rate and in what situations would you perform one?

What are your rates of cesarean section & in what situation would you recommend one? Assisted vaginal delivery? Successful vaginal birth after cesarean?

Are you familiar and supportive of "gentle c-sections"?

Are midwives integrated into your practice? Can I choose to seek care with a midwife for my prenatal care and delivery if I am low risk? How do you work together in the clinic and on the labor and delivery unit?

Do you have a 24-hour advice line that I can call if something happens during my pregnancy?

How are my medical records kept? Will they be readily available to the provider that cares for me during labor?



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## Questions to Ask Providers

Do you support vaginal breech births, and if so what conditions do you have?

What about long labors, will I be allowed to labor naturally as long as both baby and I are fine for as long as I am comfortable?

If my water breaks, what should I do? How long would I be able to stay home and labor at home?

If I want to walk around, eat, or take a shower during labor, will that be allowed?

Does your hospital limit how late in labor you can get an epidural?

Are you supportive of letting the cord pulse out before being cut & immediate skin to skin contact?

Do you routinely give Pitocin after the birth?

If necessary, do you prefer using forceps or a vacuum? How long will you let me push before breaking out the forceps or vacuum or proceeding to C-section?

Remember.....pay attention to your **INSTINCTS!** How do *you feel* as they are answering these questions? What are they **NOT** saying?

**YOU HAVE A CHOICE WHEN IT COMES TO CHOOSING A PROVIDER.  
YOU HAVE CHOICES THROUGHOUT YOUR PREGNANCY AND BIRTH.  
EDUCATE YOURSELF AND CHOOSE WISELY.**



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