



## Questions to Ask Your Provider

1. When would you like me to come to the birth center/hospital?

\_\_\_ Water breaks

\_\_\_ Contractions \_\_\_ minutes apart for \_\_\_\_\_ long

2. What are your recommendations if water breaks before contractions?

\_\_\_ Call and stay home until contractions start

\_\_\_ Come to office/hospital/birth center to monitor baby and then return home

\_\_\_ Come immediately to hospital/birth center

3. How long after water breaks would you recommend starting pitocin?

4. What is your philosophy regarding episiotomies? Under what circumstances would you perform them? What percentage of the time do you and your partners perform episiotomies?

5. Are you supportive of a delayed onset of pushing (allowing the mother to push when she feels the urge vs. automatically pushing at 10 cm.)?

6. What is your protocol or routine regarding the following:

a. IV's

b. Continuous monitoring

c. Eating/Drinking

d. Walking during labor

e. Walking with ruptured membranes

f. Showering/Bathing

- g. AROM at \_\_\_\_\_ cm
- h. Internal Monitoring
- i. Pitocin post-delivery

7. How do you feel about natural/unmedicated birth?

8. If I chose to use an epidural, when would you recommend I receive it?

9. Under what circumstances would you recommend an induction of labor?

10. How long after my due date will you wait before inducing labor?

11. Do you routinely use Cytotec or Prostaglandin gel to ripen the cervix before inductions?

12. Do you believe in active management? (Progress < 1cm per hour will call for AROM or pitocin)

13. What non-medical ways of stimulating labor do you recommend?

Herbs \_\_\_\_\_

Nipple Stimulation \_\_\_\_\_

Castor Oil \_\_\_\_\_

Intercourse (before SROM) \_\_\_\_\_

Enema \_\_\_\_\_

Acupuncture/acupressure \_\_\_\_\_

None \_\_\_\_\_

14. How do you define “failure to progress?” How long would you wait before doing a cesarean?

15. What positions for the delivery are you comfortable with?

Side-lying \_\_\_\_

Hands/Knees or knee chest \_\_\_\_

Squatting \_\_\_\_

Semi-sitting \_\_\_\_

Semi-sitting in stirrups only \_\_\_\_

16. Are you supportive of VBAC? What is your VBAC rate? What are your standard routines for VBAC mothers?

17. Who is your back-up? Under what circumstances would I see him/her?