

# QUESTIONS TO SEE IF YOUR PROVIDER IS THE RIGHT FIT

Choosing your care team is one of the most, if not the most, important decisions you'll make during your pregnancy. The great news is that there are so many wonderful options in providers and hospitals. It's never too late to make a change in provider if your provider's practice doesn't align with your approach to your birth. You don't have to ask these questions all at once, but you can pick a few that resonate with you as a place to start.

Please feel free to share the responses you get from your provider with us and we can provide some insight on polices outside your current hospital and practice for comparison. If your provider laughs at, demeans, brushes off, or dismisses your questions that is an obvious red flag.

## **Questions about hospital policies**

What is the hospital policy regarding eating and drinking during labor

When is eating and drinking restricted?

What is your hospital policy around fetal monitoring during labor? What types of monitors are available to me? How do you handle continuous monitoring in the tub or shower?

What is the hospital policy on using a tub during labor? When are patients restricted from using the tub? How many tub rooms are available, how are they allocated to patients as they arrive?

What is your practice's policy regarding due dates? What determines if someone is "past due" and what steps are taken next?

What is the hospitals policy regarding the timing of weighing and measuring baby after birth?

What are the policies and procedures for baby immediately after birth.

## **Questions about your providers approach to care**

When do you start cervical checks? How does information from a cervical check inform next steps in managing my care?

How common is an induction? What factors do you consider before you decide to induce?

Based on my goals for my birth, what are some things I can do to prepare? Are there some books, classes, exercises you recommend?

How often do first time pregnant people in your practice have a low intervention or unmedicated birth?

Does anything change about your approach to care when you know your patient is hoping for a low intervention birth?

If I believe I am in labor and it's the middle of the night, who should I call?

If I have a concern about my pregnancy, who can I contact? Can I contact you directly?

How many people are in your practice? Who attends my birth if you are not available? How often do you attend births after hours?

Do you recommend that I also see the other providers in your practice during my prenatal care or should I try to keep my appointments with one person?

How do you feel about birth plans and preferences? Who reads these and when should I bring one to you?

What are my options if my baby is in a breech position before birth?

What changes in care if I go beyond 41 weeks of pregnancy?

## **Questions about labor & delivery**

What can I expect when I come into the hospital in labor?

How often are cervical checks given during labor?

Who will be in the room with me while I am laboring?

What would be considered a prolonged labor? What methods might you use to move things along?

How do you support the perineum during pushing? What lubricants are used on the perineum?

How long can I expect the pushing phase to take? How long do you feel comfortable with your patient continuing to push?

What is the primary reason a patient has an unplanned c-section?

What happens to my baby immediately after birth?

When is baby weighed, measured, and washed? Where will this take place?

When will I see the postpartum/baby nurse after delivery?

**Questions about c-sections:**

How often do your patients have a c-section?

Who will be with me if I have a c-section?

What options are available to me in personalizing my c-section experience?

What happens to my baby immediately after a c-section?