

What Questions To Ask Before Choosing Your Provider

OBGYN QUESTIONS

Are you planning to be in town around my due date?

If you are not on call, who else will be delivering my baby?

What's your rate of cesareans?

Do you practice regular episiotomies?

During labor am I free to shower? Are there bathtubs at the hospital I will deliver at?

Does the hospital have wireless fetal monitoring?

How late will you support me past my baby's estimated due date?

How often do you do cervical exams, and will you support my choice to decline them if I decide at any time to do so?

Does the hospital I will deliver at support a family-centered cesarean? (Even if you are not planning one, it's good to ask to learn more about what kind of provider/hospital you'd be going to.)

Do you support different labor positions while pushing, other than lying on my back?

Will you support my decision to have a natural birth (if that is something you choose)?

How do you and the hospital feel about delayed cord clamping?

How do you and the hospital feel about skin-to-skin contact after birth or "golden hour"?

What are you and the hospital's policies on vaccinations during pregnancy and for my baby?

How often are appointments? Is there any flexibility with those appointments?

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MIDWIFE/BIRTH CENTER QUESTIONS

Are you planning to be in town around my due date? If you're out of town, who will attend my birth?

Who else will be assisting you during my labor?

What's your transfer rate?

What will you bring with you to my birth?

What fees are involved in your service? Are there any additional fees I should be aware of?

Do you take my insurance? Is there a difference in pay if I'm self-pay?

If I decide to have a waterbirth at home, do I need to buy my own tub or will you provide that?

How many weeks are you comfortable with me going past 40 weeks?

How often do you do cervical exams, and will you support my choice to decline them if I decide at any time to do so?

If you're talking to a birth center, do you have birthing tubs available?

How often do you give Pitocin after birth? Will you respect my choice to decline if I feel like it is unnecessary?

Do you carry any natural postpartum methods for excessive bleeding/hemorrhage?

Are my kids welcome to come to appointments?

Do you allow for the mom or husband to catch the baby instead of you?

Do you offer home visits instead of going to the office for visits?

How do you feel if I decide to decline all sonograms?

Do you offer alternatives to the regular glucose drink test?

Do you have any client testimonies or moms I can reach out to?

How hands off or on are you at births?

What is your transfer rate?

Do you support twins? What about breech?

How often are appointments? Is there any flexibility with those appointments?