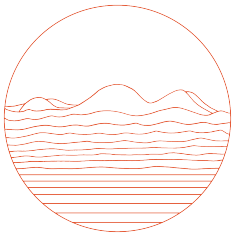


PROVIDER QUESTIONS

Here is a list of some questions to ask your doctor or midwife so you can have the correct expectations, and know what the philosophies are of who will be supporting you during the birth of your baby.

When asking your care provider these questions, please note not only the literal answer to the questions, but how the questions are answered: are you minimized and disrespected or seen and heard? That in itself will give you a lot of information about who you are allowing to touch your body and be part of the decision-making when birthing your family.

- 1. Do you practice evidence-based birthing practices?*
- 2. Do you differentiate between high and low risk pregnancies?*
- 3. If I am considered low risk in my pregnancy will you want to manage my birth?*
If so what can I expect?
- 4. What is your cesarean birth rate?*
- 5. What support can you offer me for a vaginal birth?*
- 6. How long after my water breaks will you want to induce me?*
- 7. When do you believe the beginning of active labor begins? How many centimeters?*
- 8. Can I eat or drink while I am laboring?*
- 9. Can I ask for intermittent monitoring if I am considered low risk?*
Does your hospital have telemetry?
- 10. Can I choose not to have IV fluids or a hep lock?*
- 11. What is the latest number of centimeters I can get an epidural?*



12. *Does your practice/hospital encourage changes in position to help baby be born vaginally with an epidural?*
13. *Who will be my care provider at the birth if you are not available?*
14. *Do you routinely induced women at a certain number of weeks in pregnancy?*
15. *Do you routinely cut episiotomies?*
16. *Do you routinely break the bag of water?*
17. *Do you routinely give Pitocin after the baby is born?*
18. *What positions can I labor in?*
19. *What position can I push in?*
20. *How do you determine if I need a cesarean birth?*
21. *Can I delay cord clamping until after the placenta is born?*
If not, how long do you delayed cord clamping for?
22. *Do you actively manage the birthing of the placenta or allow it to be birthed on its own?*
23. *If baby and I are healthy, can I hold my baby immediately after birth?*
24. *Can I delay weighing and measuring of the baby? For how long?*
25. *Is the hospital (where you have privileges) considered mother/baby friendly?*

This list was graciously shared with us by our partners at GraceFull Birth.