

QUESTIONS TO ASK YOUR PROVIDER



1. What are your protocols regarding due dates?
2. When will someone from the practice join me in labor? Who cares for me before that?
3. What would you recommend I do if my water breaks but contractions haven't begun? Can I still use the tub/shower?
4. Will I be able to eat and drink in labor?
5. What is your protocol on:
 - a. IV/Heplock?
 - b. Continuous vs intermittent monitoring?
 - c. Episiotomy
6. Is there a limit to how many support people I can have with me during my birth? How do you feel about a doula joining my birth team?
7. If I were interested in having an unmedicated birth, how would you feel about it?
8. What comfort measures would you recommend? Can I freely change positions?
9. Do you believe in the active management of the first stage of labor? For example using pitocin or AROM if my progress is less than 1cm/hr?
10. What is your cesarean rate?
11. Will I be able to choose what position I will push in AND deliver?
12. How do you manage the delivery of the placenta? How long will you delay the cord clamp? Can I deliver the placenta at my own pace?
13. Can my newborn remain with me at all times skin-to-skin after birth?