



# QUESTIONS FOR YOUR POTENTIAL CARE PROVIDER

This is a handy worksheet to bring with you to make notes when you interview potential care providers (OB, Midwife, Family Doc, etc). Some of these may be answered by their website or patient handouts, and many of them may not apply to you. However, it is always nice to have a checklist of questions so that you don't forget! I recommend highlighting or starring the questions that you find most important, and crossing out those that don't apply to you, just in case. If you are asking questions, it's always good to use an open-ended question rather than yes/no questions... such as "How often do you....?", "How will you support us if....?", or "What are your policies regarding....?"

If you are expecting multiples - don't be afraid to add "Does any of this change with multiples?" to your list.

## RESEARCH PROVIDERS:

**Are they covered by my insurance plan?**

**What locations do they deliver at?**

**Are they transparent about their rates of VBAC, induction, and cesarean?**

## ON YOUR VISIT:

**How long have you been practicing? How many births have you attended?**

**What is your cesarean rate? What are the main reasons that you perform them?**

\*\*\* WHO Guidelines recommend a cesarean rate of 10-15% for optimal maternal & neonatal outcomes

**Do you support VBACs? (Vaginal Birth After Cesarean)**

**Is this a private or group practice?**

>> **Group practice - Who will attend my delivery? What is your call schedule?**

>> **Private practice - Who is on-call when the doctor is not available?**

**How much time do you allow for each prenatal visit?**

**What type of childbirth classes do you recommend?**

>> **Are there certain methods that you do not support?**

**Are you comfortable with me utilizing the support of a doula?**

**What are your after-hours policies? Are you available between visits?**

**What is your protocol regarding Group B strep?**

>> **Would a positive test affect any part of my labor care or progress?**

**Will you always obtain my consent before performing exams/procedures?**

**Such as cervical exams, membrane sweeps, or amniotomy?**

**What are your views on pain relief during labor?**

**Are you comfortable with patients who choose a natural childbirth?**

**For what reasons do you typically recommend labor induction?**

>> **Would you be comfortable with me going past 40 weeks if there are no complications?**

**What about 41 weeks?**



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## ON YOUR VISIT:

**Do you attend twin births?**

**Do you attend vaginal breech births?**

**Do you perform external cephalic versions to manually turn breech babies?**

**How do you feel about patients declining or delaying vaginal exams during labor?**

**Do you routinely use pitocin? How often, and for what reasons?**

**Are you comfortable with long labors?**

**Are you comfortable with alternative pushing positions? (non-recumbent)**

**>> What type of positions?**

**(Squatting, kneeling, side-lying, hands & knees, water birth, etc)**

**How do you feel about delayed cord clamping?**

**>> How long do you typically delay?**

**30 seconds? Until pulsing stops? Until the cord is white?**

## REFLECTION:

**Did they make you feel comfortable & relaxed?**

**Did they seem supportive of your choices & preferences?**

**Did they answer all of your questions?**

**Did you feel rushed?**

**Do their views on pregnancy & birth align with your own?**

**Was their office nice & clean?**

**Do they seem like someone who would want to have control over your labor,  
or would they be comfortable with you advocating for yourself?**