

NEW CARE PROVIDER QUESTIONS

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Care Provider's Name:

Place of Birth (home, birth center, hospital):

- What's your birth philosophy? _____
- What is your personal C-Section Rate? What is the hospital's rate? On call provider's rates? _____
- What is your induction rate? What situations would you suggest an induction? _____
- Are you comfortable with my pregnancy going past 42 weeks if both baby and I are healthy? _____
- Thoughts on childbirth preparation course? A comprehensive one like Birth Boot Camp? _____
- Thoughts on doulas? _____
- Are you comfortable with doulas or other support people in the birth space? (for vaginal or cesarean) _____
- How do I stay low-risk? _____
- Thoughts on VBACs? What's your VBAC success rate? _____
- Thoughts on cesareans? _____
- Thoughts on intermittent monitoring vs continuous _____
- What comfort measures do you provide besides medications? _____
- Thoughts on natural, low-intervention, or a mostly hands-off vaginal birth? _____
- Thought on tearing vs episiotomy? _____
- What situations would you perform an episiotomy? _____
- During pregnancy, labor & birth will you go over in detail the risks, benefits, & alternatives of any medication/procedure before performing? _____
- How often would you say birth complications arise in your practice? _____
- Thoughts on different pushing positions (standing, squatting, hands and knees, side lying, etc.) _____
- How do I get in touch with you if I have questions or concerns? _____
- If Midwife, do you have an OB backup in case of complications? If so, who? _____
- If OB hospital birth, can I meet with the other providers on the team? Any reservations with any of them? _____
- This is how I would like to give birth, things I would like to avoid, are you ok with those? _____
- Ballpark cost? Uncomplicated Vaginal Birth vs. Surgical birth? Do you take my insurance? _____

Additional questions or concerns:

Important notes (continue on back if needed)

Initial thoughts? What's my gut say?

The way you feel with this provider is very important. Write down notes on what they say. Go home and discuss. Review their answers to make sure they are in line with how you want to birth. Ask around in your community or online local mom's groups to get a feel for this provider and place of birth. Do more research on their responses if you aren't sure about what they are saying. Trust your gut feeling and **be sure to interview more than one provider.**

- I really liked this provider.
- I'm not sure yet.
- Do not like this provider.
- I felt uneasy.
- I felt very comfortable.
- I felt comfortable, with reservations...
- I would feel comfortable being completely honest and upfront with this provider.
- I would feel afraid to express my feelings or ask questions with this provider.

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