



10 Questions to Ask Your Doctor



What makes a birth successful?

For me, #1 is that mama and baby are healthy and fine. After that, a successful birth means you felt:

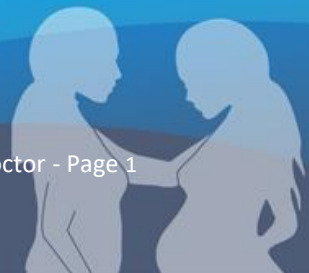
- ♥ your desires were **heard** and respected, no matter what arose
- ♥ **empowered** to participate fully in decisions
- ♥ **supported** and nurtured throughout

Maybe the most important member of your team will be your OB or midwife.



If you're feeling a little funny about something now, chances are this will be magnified during labor. It is never too late to make a change, but hopefully with these questions you'll just open up communication channels so you can be on the same page.

Print out page 2 and bring them with you to your healthcare provider's office.

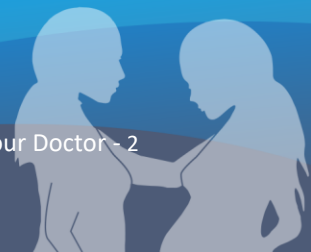


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1. **How many ultrasounds will you do if everything stays within normal limits?** *(Since we don't know the effects on the baby from these powerful vibrations, some people are choosing to limit their ultrasounds – this may or may not be important to you)*
2. **How long can I go past my due date before induction?** *(1-2 weeks with fetal assessment is standard)*
3. **Will I need an intravenous drip (IV) throughout labor?** *(Only necessary if your beta test strip is positive or you want medication)*
4. **What are your feelings of birth with and without anesthesia?** *(Ideally, “I will support you in either choice”)*
5. **If my water breaks, how soon do I need to go to the hospital if the fluid is clear?** *(24 hours)*
6. **If I choose to use epidural anesthesia, how long can I push for before Caesarian birth is performed?** *(4 hours)*
7. **Will I need an episiotomy?** *(Only if necessary)*
8. **When do you arrive at the hospital?** *(6-9 centimeters)*
9. **Will you be going out of town near my due date?** *(Hopefully not, and if it's at all possible, you'll meet with partners)*
10. **Can I walk around and change positions during labor?** *(Yes)*

Bonus Questions:

- Can our baby be **skin to skin with me** right away, and stay with me in the room the entire time after delivery?
- **If I have a Caesarian**, can baby be skin to skin with my partner while I am being stitched post-delivery?



If you feel good about the answers, then trust your team and enjoy!

If you get some answers that raise some yellow flags, **don't panic**. Talk about them with any support people you have around – your partner, your doula, your birth class teacher... If you can come to a place of agreement that feels good with your provider, great.

If not, bring these questions and concerns and start asking around. It is never too late to create the team you want for your birth!



with love and blessings,

Jess



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