



10 QUESTIONS TO ASK YOUR CARE PROVIDER

If you want an unmedicated birth

This list of questions is based on a healthy woman having a normal pregnancy and a healthy baby.

Ideally these questions are asked upon first interview. Depending on the answers, you will know if you need to shop around for other care providers from the beginning of your pregnancy.

1. What are your thoughts on unmedicated deliveries?
2. What do you recommend I do to have a successful unmedicated delivery?
3. What ways are you going to support me in my goals to have an unmedicated labor and birth?
4. How do you feel about me moving around in labor, only being monitored intermittently, and birthing in any position I want?
5. What is your protocol when I go into labor? Will you be there while I labor? Describe to me how you like to attend births.
6. What percentage of your patients have had a successful unmedicated birth?
7. What percentage of your patients have cesarean sections? How many of them are planned? How many of them are emergency?
8. What do you consider an emergency and necessary to perform a C-section?
9. What are your thoughts about induction? When/if will you want to induce? What methods do you use to induce?
10. If my labor is progressing slowly, but my baby is monitoring healthy and fine and I am healthy and fine, will you allow me to continue to labor without interventions?

You will have a higher rate of achieving your goals if you have chosen a provider that you have communicated with and they are in agreement with your desires. Remember, you are hiring them. Feel free to “interview” or have consultations with several providers to find the right one for you.

Please know that even if you are well into your pregnancy (up until you deliver) and you aren't feeling like you are supported by your current care provider you can change. You are not locked into a contract and you can find a different care provider that is more aligned with your goals for your labor and delivery. If this is the case, look into what you might owe your current care provider for their care up until that point. Also, what your new care provider will charge you based on where you are in your pregnancy.