
50 Questions To Ask Your Midwife Or Doctor

So You Can Make An Informed Decision About Your Birth



General Questions About Their Practice, Personality, and Experience

So you can make an informed decision about your birth!

MARIA CHOWDHURY, CPM

1. How long have you been a midwife/doctor?
2. Why did you decide to become a midwife/doctor?
3. What training have you received? Apprenticeship? Certified Professional Midwife (CPM)?
Certified Nurse Midwife (CNM)?
4. How many births do you attend each month? Each year? How many births have you attended overall (total history both while in training and as a primary midwife)?
5. What is your personal philosophy about pregnancy and birth?
6. What makes you different than all the other midwives/doctors in our community?
7. How much do you charge? What do your fees cover? Do you offer payment plans? What insurance companies cover your services?
8. What is the best way to get in touch with you if I have a general question? Or how about when I think I'm going into labor?
9. What are your favorite books about birth that you think I should read?
10. Other than midwifery what else do you do?
11. Are you available or are you planning any trips around my due date?
12. Have you had any clients transfer to the hospital? If so, in what situations has that occurred?
13. How often do you have to transport? If I needed to be transported to the hospital, would you go with me? Do you have a working relationship with any local hospitals?

Questions About Prenatal Care

14. What is a typical prenatal visit like?

15. Where do prenatal visits take place? (e.g. my home, your office, etc)

16. Do you require any blood work to be drawn or any screenings to be done (anemia, gestational diabetes)? If so, what do you require? Where do you recommend I go to have these done (you do it, hospital, lab)?

17. If I did test positive for something, at what point would you need to refer me to an OB? Is this cost additional or included in your fee?

18. Do you provide any dietary and nutritional council or coaching?

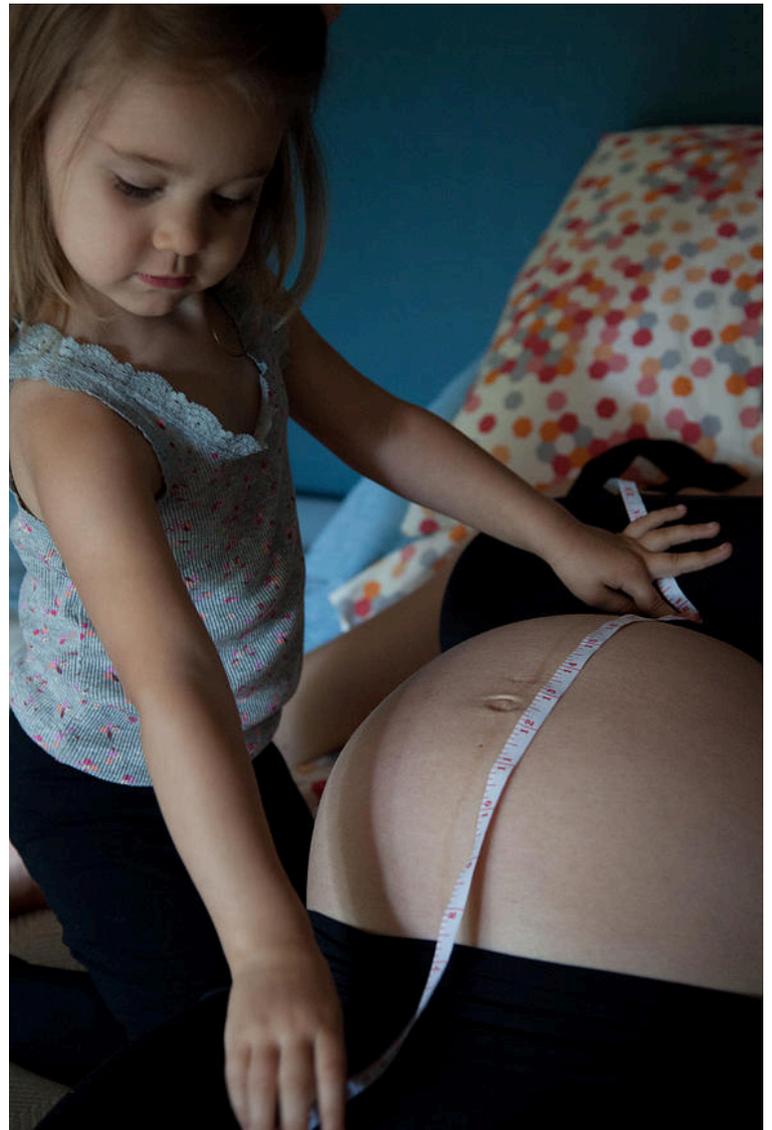
19. Do you recommend that I take a childbirth class and if so who teaches it?

20. What happens if I go into labor before my due date? How soon is too soon to have my baby at home?

21. What happens if I go over my due date?

22. What If I'm carrying twins? Or the baby is breech?

23. What is your policy about ultrasounds? Can I get one? Do I need one? Can I decline it?



Questions About The Birth

24. What does a typical birth with you look like?
25. How would you describe your role at my birth?
26. What supplies do we need? Where do we get them? How much do they cost?
27. Do you bring anyone else with you to a birth (apprentice, another midwife, or nurse)? If so, when could I meet them?
28. Do you have a backup midwife in case you aren't able to be present when I go into labor?
29. Do you have a backup OB should I need to transfer to the hospital or my birth becomes high risk?
30. Do you offer water births? If yes, do you rent birth tubs? Do you bring all the necessary supplies or am I to gather certain items? Do you help drain the tub and with any clean up?
31. Do you typically do episiotomies? Enemas? Perineal shaving? Do you do them at all?
32. What if I tear? Do you suture? Are there other natural techniques other than suturing?
33. What equipment do you bring with you to the birth? Do you bring oxygen?
34. Have you been trained in neo-natal resuscitation?
35. Do you ever use herbs or other natural remedies for pain relief in labor?
36. What do you do in the case of a hemorrhage? Do you carry anti hemorrhage medications?
37. How do you monitor the mother and the baby in labor?
38. What if I have a really long labor?
39. Will you explain the benefits of delayed cord clamping?
40. What do we do with the placenta? Can I keep it?
41. Will you describe the new born exam? And all the checks you do to the baby?

42. How long do you stay at our house after the baby is born? Or if at a hospital or birth center how long do we stay? When do we go home? Can I spend the night if I want to?

Questions About Postpartum Care

43. What is your postpartum care like? How many times do you see me after the birth?

44. Do you offer to do the Newborn Screening (heel prick test)? If so, is there an additional cost?

45. Do you offer breastfeeding support or do you know of any lactation consultants to refer me to?

46. How do I apply to obtain a social security number and birth certificate for my newborn?

After The Consultation

47. What was your overall impression? What did your partner think?

48. Did she answer your questions thoroughly? If not which ones concerned you?

49. If you hire this midwife/doctor do you have to adjust your birth plan? If so, in what ways? Are you and your partner comfortable with this adjustment?

50. Most importantly, do you feel like you can trust her and be vulnerable with her? Did you all click and feel really good about this decision?

Conclusion

No midwife or doctor is perfect. They are people just like you and me doing the best they can. So, you need to make sure that your expectations are reasonable. Take your time when it comes to making an informed decision. You are looking for a midwife that is competent, has a proven track record, and meshes well with everyone that will be involved in the birth. They are out there.

You Got This!

