

Show Notes

Episode 111

Interviewing a provider for your prenatal and gynecological care is an important part of the pregnancy process. On today's episode, Sam and Emily discuss different questions that are important to ask to determine if a provider is right for you.



If you enjoyed this episode, consider listening to Episode 102: Provider Red Flags.

1. What is your birth philosophy?
 - a. What prenatal tests do you require/recommend?
 - b. Do you support birth in different positions?
 - c. What do you do in the case of "post-date" pregnancies?
2. How long are your prenatal appointments?
3. Who should I call/message with non-emergent questions?
4. What are your rates for:
 - a. c-sections?
 - b. inductions?
 - c. episiotomies?
5. How do you feel about doulas?
6. Personal/Special Considerations
 - a. Vaginal Breech Birth
 - b. VBAC (Vaginal Birth after Cesarean)
 - c. Vaginal Twin Birth
7. What conditions could risk me out of your care?
8. Will you be delivering my baby?
 - a. Do you have any vacations coming up?
 - b. Will your back-up have similar birth philosophies?
9. At what facilities do you deliver?
10. Do you support immediate skin to skin and delayed cord clamping?

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www.omahabetterbirth.org**