
25 Questions to Ask



When Interviewing a Doula

1. How would you describe your role and purpose as a doula?
2. What benefits are there to having a doula during labor and delivery?
3. How would you handle me asking for pain medication during labor?
4. What kind of support can you offer me in the event of an unplanned C-section?
5. What is your price and cancellation/refund policy?
6. How many meetings and what services are included in your price?
7. How quickly can you get to my house or hospital once I need you?
8. How will I know when I need you present?
9. Do you have a backup who can come if you have an unexpected emergency or illness?
10. Will another doula relieve you if my labor goes longer than a certain number of hours and is there any additional charge for that?

11. What kinds of coping techniques will you help me with to manage pain and breathing during labor?
12. Do you have any references?
13. How many years of experience do you have?
14. How many births have you attended?
15. What certifications do you have?
16. What percent/how many of your births have been C-sections?
17. What percent/how many of your births have been unmedicated?
18. What benefits are there to having a doula if I want the epidural, have a planned C-section, etc.?
19. What kind of support will you offer in the event of an induction?
20. When will you come to the hospital if I am induced?
21. What kind of breastfeeding support do you offer?
22. How long will you stay with me after delivery?
23. Have you attended other births at my hospital?
24. Have you attended other births with my provider? Was your experience with him/her positive or negative?
25. How many clients do you have with due dates within a couple weeks of mine?