

# Questions to Ask Potential OBGYN Providers

*When you are expecting (or soon hoping to be), it is important to find a care provider you can trust and who agrees with your pregnancy and birthing philosophies. Don't settle for the first provider you see if you aren't satisfied with his or her answers to your questions. Instead, interview a few with the following questions to determine the best fit for you.*

1. What kind of medical interventions are standard during prenatal appointments (ultrasounds, dopplar, blood draws, other testing)?
2. What is your view on induction, augmentation, and c-section?
3. What kinds of medicated pain relief do you support and recommend? Do you support natural birth?
4. What kind of support does the hospital offer for breastfeeding/formula feeding?
5. How many other providers do you work with? How likely is it that you will be the one to deliver my baby? Can I meet the other providers?

6. What prenatal classes and resources does the hospital offer?
7. Do you/the hospital allow eating during labor?
8. Do you/the hospital require constant electronic fetal monitoring (EFM)?
9. How long overdue do you allow patients to go before scheduling an induction?
10. What is your c-section rate?
11. My ideal birth looks like \_\_\_\_\_.  
Is there anything about my ideal birth that conflicts with your views?
12. How accomodating are you/the hospital to personal preferences about standard newborn procedures (ex. Vitamin K shot, Heb B vaccine, delayed cord clamping, delaying newborn measurements to allow for immediate skin-to-skin with mom, delaying/forgoing baby's first bath, etc.)?