

# Questions to ask your care provider:

- ? If you cannot attend my birth, who will? Can I meet them?
- ? What are your policies about induction? What circumstances would you recommend it in and what methods do you prefer?
- ? How long do you let a patient labor before recommending interventions?
- ? What is your policy on ruptured membranes?
- ? What is your policy on episiotomies?
- ? Do you require continuous monitoring and/or IV placement? Are you open to a saline lock instead of an IV?
- ? When do you recommend a patient come in once labor has begun?
- ? Are you open to alternative pushing positions, such as hands-and-knees or squatting?
- ? Are you willing to perform delayed cord clamping/cutting?
- ? What is your surgical birth rate?

## IF YOU HAVE HAD A PREVIOUS SURGICAL BIRTH:

- ? What are your policies on TOLAC/VBAC?
- ? What percentage of your patients have successful VBACs?

COMPLIMENTS OF:



713-714-7649