



Questions to Discuss with Your Medical Provider about Your Birth Plan

You can't decide everything about your birth. But you can have a say in important decisions about your birth by asking questions and making decisions with your doctor or midwife beforehand. Some of the questions you might ask include:

- How often do you perform vaginal births vs. Caesarean sections, and under what circumstances?
- How often do you induce labor vs. wait for contractions to start on their own, and why?
- Are there any hospital policies related to Caesarean sections or induced labor that I should know about?
- What information can you give me that can help me decide whether I want pain medication from the start or only if I ask for it?
- What other methods besides medication do you recommend for managing pain during labor and delivery?
- Will I be able to move around during my labor and delivery or will I be attached to a constant fetal monitor?
- What different positions do you encourage mothers to give birth in?
- What are some potential complications that mothers face during labor and delivery that I should know about?
- Do I have any specific conditions that are risk-factors in the birth of my child?
- What decisions can I make beforehand regarding what to do in case of an emergency?
- How will you communicate with me in case of an emergency?
- What decisions will I make and what decisions will you make?
- Will I be able to hold and stay with my baby immediately after birth?

