



## Choosing a Medical Provider who Feels Right to You

When you are choosing a medical provider for prenatal care, labor, and delivery, you want to find someone who makes you feel comfortable, whether that person is a doctor or a midwife. Your choice might differ from what is comfortable for someone else. Here are some questions to consider when deciding what doctor is right for you:

- Does your medical provider seem open-minded?
- Does your medical provider make you feel like they have time to answer your questions?
- When you raise concerns, does your medical provider take them seriously?
- Does your medical provider show interest in what kind of birth you want and discuss options with you?
- Does your medical provider fully explain their approach to important issues like when to perform a Caesarean section, induce labor, or use pain medication; how much you will be able to move around during labor; and how best to communicate during an emergency?
- If you have any special life challenges, like a mental health diagnosis, drug dependency, or relationship violence, do you understand your medical provider's approach to their role as mandated reporter? Can your medical provider help connect you to support?
- If you have any special physical challenges, like a chronic illness, does your medical provider have experience managing that condition during pregnancy, labor, and delivery?
- If you know anyone else who has used your medical provider for prenatal care, labor, and delivery before, was it a positive experience for them?
- How important is your doctor's gender identity to you?
- How important is it to have a doctor who shares your cultural, racial, or ethnic background or who shares your values and beliefs?
- Does your doctor show knowledge of/sensitivity to your cultural, racial, or ethnic background or values and beliefs? Does your doctor show knowledge of/sensitivity to your sexual orientation and gender identity and expression? Does your doctor seem supportive of young parents and the unique challenges they face?
- Will your doctor respect your right to privacy?
- Do you prefer to see a medical provider at your agency (who will have an easier time communicating with your caseworker), or a medical provider outside your agency (who might give you a better sense of privacy)?

