

## Twenty Questions for Clients to Ask Care Providers

1. Will you be the person who attends my birth? If you share call with other physicians or midwives in your practice, how many others? Will I get to meet them?
2. What percentage of your clients experience normal pregnancies and births (i.e., where labor begins spontaneously between 37 and 42 weeks gestation and involves no IVs, no drugs, no instrumental deliveries with vacuum or forceps, no routine episiotomies, no Cesarean deliveries, no routine suctioning of the baby after birth, no routine use of pitocin to assist with the delivery of the placenta, and with immediate skin-to-skin contact between mother and baby)?
3. How often will I see you during my pregnancy? How long will my appointments with you typically last? What will happen during these appointments?
4. What are your guidelines concerning weight gain, nutrition, prenatal vitamins, and exercise?
5. What tests do you routinely utilize during pregnancy?
6. What procedures do you routinely utilize during labor and birth?
7. At what point in a pregnancy are you likely to suggest an induction? What forms of induction do you typically suggest first?
8. What would your response be if I declined routine tests and procedures?
9. Do you ever strip membranes? Do you always provide informed consent when doing so?
10. What is your protocol for babies who are breech? Do you have experience with vaginal breech deliveries?
11. What is your protocol for multiples? Do you have experience delivering multiples vaginally?
12. What is your protocol for babies who are posterior (“sunny-side up”)?
13. Do you have experience manually turning a posterior baby during labor?
14. Is there a limit to the number of support people I can have in the room with me?
15. Can I have a doula (a trained labor support person) present during the birth?
16. Do you limit food, water, or movement during labor?

17. How much time do you allow for pushing?

18. What position(s) do you suggest for pushing?

19. How much time do you allow for natural delivery of the placenta (afterbirth)?

20. Please jot down your rates for:

- Cesareans
- IVs for vaginal births
- Epidurals for vaginal births
- Episiotomies

From Ronnie Falco's *Gentle Birth Archives*, [www.gentlebirth.org](http://www.gentlebirth.org)