

Questions to ask your **OBGYN**

Use these questions to start open communication and build your confidence when talking with your healthcare providers. Self-advocacy and trust are important tools in addressing systemic racism and implicit bias.

Antepartum/Prenatal Care

- When should I start taking prenatal vitamins?
- How long does it take to get an OB/GYN appointment at your clinic?
- When should my first appointment be?
- Is vaginal bleeding normal in the first trimester?
- What is round ligament pain?
- What medicines are safe to take during pregnancy?
- Can I relax or dye my hair while pregnant?
- Is it normal to have breastmilk before delivery?
- Do you do VBAC's (Vaginal birth after Cesarean)
- What's the difference between a midwife and an OB/GYN?
- How many pounds should I gain during pregnancy?

Emergency Situations

- What are Braxton Hicks contractions and how are they different from regular contractions?
- What are the signs of early labor?
- When should I go to the hospital?
- How soon after my water breaks should I go to the hospital?
- How often should I feel the baby's movement?

Delivery and Post partum

- How long does it take for breast milk to come in?
- How many days would I stay at the hospital after delivery? Vaginal delivery? C-section?
- Can I keep my placenta?



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