

# Questions to ask your Midwife

Use these sample 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.

*NOT ALL OF THESE QUESTIONS ARE REQUIRED NOR MEANT TO BE ASKED IN ORDER, BUT THEY ARE EXAMPLES OF SOME OF THE THINGS YOU CAN ASK*

## **Experience and Approach:**

- How many years have you been practicing?
- How many babies do you delivery on average yearly?
- Where did you receive certification?
- Do you take CE (continuing education) classes?
- Are you state licensed?
- Are you a member of any associations for midwives?

## **Patient Care:**

- How often will I have appointments scheduled?
- What will happen during each appointment?
- What type of payment plan do you offer and what do your fees include?
- Can I bring a family member(s) to my appointments?
- Are you punctual with appointment times or is there usually a wait?

## **Preventative Health**

- Do you require an ultrasound and/or vaginal exams?
- Do you require the gestational diabetes test? Is there an alternative to the Glucola drink?
- Do you test for GBS+? What is the course of treatment if positive?
- Do you recommend vaccines for pregnant women?

## **Medical Interventions**

- Do you have/use a fetoscope?
- Do you require the use of dopplers?
- How long after my due date do you allow women to go?
- At what point do your patients/clients become too high risk to work with?
- What percent of your patients end up with an epidural? With a Caesarean? With a forceps or vacuum extraction delivery?

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**Birth Experience:**

- When should I contact you if I am in labor?
- Do you offer home and/or water births?
- Do you do VBACs? What is your success rate like?
- Do you allow delayed cord clamping? How about delayed bathing?
- What do you typically recommend for pain management during labor?
- Do you encourage pregnant moms to use doulas or chiropractors?
- What does the 1st hour after birth look like? Do you encourage skin-to-skin contact with baby and mom?
- Do you encourage moms to breastfeed? Do you know what a proper latch looks like and best positions for newborns? Do you have lactation consultants you recommend?
- What is your postpartum care plan for myself? Baby?

**Emergency Situations:**

- Have you completed training in neonatal resuscitation?
- How do you handle situations when the baby is breech during labor?
- Which hospital(s) are you approved for working in case of an emergency?
- Do you have experience with postpartum hemorrhage, shoulder dystocia, breech baby or cord prolapse?

**Personal Character:**

- Do you have children? Did you use a midwife during your own deliveries?
- Are you a good decision maker?
- Why should I choose you to deliver my newborn? What sets you apart?
- What is your style or bedside manner?

**Payment and Insurance**

- Are labs and ultrasounds covered by insurance under your care?
- Are home births covered by insurance?
- Are there any limits to coverage for services I should be aware of?

**Miscellaneous:**

- Have you ever lost a baby or mother during a delivery?
- Do you have any travel planned during the month of my due date?
- What was the most successful birthing experience you were involved in?

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