

Questions to ask your **OBGYN**

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 long does it take to get an OB/GYN appointment at your clinic?
- What motivated you to specialize in obstetrics and gynecology?
- What should I expect during a typical prenatal appointment?

Patient Care:

- When should my first appointment be?
- How do you involve patients in decision-making regarding their care, especially in birth plans?
- Do you offer VBACs (Vaginal Birth After Cesarean)?
- What types of pain management options do you offer during labor and delivery?

Preventive Health:

- When should I start taking prenatal vitamins?
- What medicines are safe to take during pregnancy?
- What preventive screenings or vaccinations do you recommend 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
- How often should I feel the baby's movement?

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Delivery and Postpartum:

- When should I contact you if I am in labor?
- 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?

Miscellaneous

- What is your relationship/view on pregnant people having doulas?



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