

# Questions for Your Provider

Evidence-based  
questions to discuss at  
your prenatal  
appointments

TIP: Bring this sheet to appointments. Circle questions that matter most to you and take notes.  
Remember: there are no "stupid" questions!

## First Trimester Questions

- ☐ What prenatal testing do you recommend and why?
- ☐ What symptoms should prompt me to call your office?
- ☐ What activities/foods should I avoid or limit?
- ☐ What prenatal vitamin do you recommend?
- ☐ Who will I see for appointments throughout pregnancy?
- ☐ What is your practice's approach to weight gain?

Notes: \_\_\_\_\_

## Second Trimester Questions

- ☐ Do you recommend the anatomy scan? What does it check for?
- ☐ What is your approach to gestational diabetes screening?
- ☐ At what point do you recommend childbirth education?
- ☐ What are your policies around doula support during labor?
- ☐ Will I be able to meet all providers who might attend my birth?
- ☐ What is your c-section rate? Episiotomy rate?

Notes: \_\_\_\_\_



## Third Trimester Questions

- ☐ What is your approach to induction? At what week?
- ☐ What happens if I go past my due date?
- ☐ What are your policies on eating/drinking during labor?
- ☐ How do you feel about birth plans/preferences?
- ☐ What pain management options are available?
- ☐ What is your approach to fetal monitoring?
- ☐ What are your policies on delayed cord clamping?
- ☐ When should I go to the hospital/birth center?

Notes: \_\_\_\_\_

## Questions About Interventions

- ☐ Under what circumstances would you recommend induction?
- ☐ What is your approach to augmenting labor (Pitocin)?
- ☐ When do you recommend breaking water artificially?
- ☐ What positions can I use during pushing?
- ☐ What are your criteria for recommending a cesarean?
- ☐ If a c-section is needed, can I have skin-to-skin in the OR?

Notes: \_\_\_\_\_



## Postpartum Questions

- ☐ How long will I stay in the hospital after vaginal birth? C-section?
- ☐ What support is available for breastfeeding in the hospital?
- ☐ When is my postpartum follow-up appointment?
- ☐ Who should I call with questions after discharge?
- ☐ What warning signs should I watch for after birth?
- ☐ Do you screen for postpartum depression?

Notes: \_\_\_\_\_

## Questions for Pediatrician (Before Baby Arrives)

- ☐ Are you accepting new patients?
- ☐ Will you visit baby in the hospital?
- ☐ What is your approach to breastfeeding support?
- ☐ What is your vaccination schedule/philosophy?
- ☐ How do you handle after-hours questions?
- ☐ What hospital are you affiliated with?

Notes: \_\_\_\_\_

## The "BRAIN" Framework for Decisions

When facing any decision during pregnancy or birth, ask:

- B - Benefits: What are the benefits of this option?
- R - Risks: What are the risks or potential downsides?
- A - Alternatives: What other options do we have?
- I - Intuition: What does my gut tell me?
- N - Nothing: What if we wait or do nothing right now?

