

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?

