

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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