



## Checklist for Finding Your Care Provider

### In Pregnancy & Birth

#### Interview Questions

- What is your philosophy of birth?
- Are you supportive of natural birth?
- How much choice do you feel I should have in the decision-making process?
- What is your caesarean rate?
- What percentage of your patients are high-risk, and what percentage are low risk?
- What prenatal tests and screenings do you recommend, and when?
- What is your induction rate?
- At what point after 40 weeks would you be recommending induction of labour with drugs?
- What is your criteria for induction? (medical risks like preeclampsia or diabetes, two or more weeks past your EDD, not to fit into their schedule)
- Would you be happy to negotiate on this time frame and monitor the baby and placenta to give me the best chance of going into labour spontaneously?
- How do you feel about vaginal breech birth, and do you support it?
- What is your view on artificial inductions versus natural methods of induction?
- What is your recommendation on vaginal examinations before and during labour?
- What are your thoughts on electronic monitoring, and when do you think it should be used?
- What do you recommend for discomfort in labour?
- Do you practice solo, or are you part of a group?
- What happens if you are not available for my birth?

- Do you have a replacement & who would that be?
- Do you have any holidays planned?
- How do you feel about other support people being there at the birth?
- What are your views on directed pushing versus mother directed breathing & bearing down to birth.
- What will you do to reduce the chances of tearing or an episiotomy?
- Do you see any increased risk of special complications or conditions for my pregnancy?
- I want to have a non-medicalised birth. I want a care provider that will only suggest intervention if there is a medical reason & will support my natural birth wishes. Are you the best person for me?
- Will you listen to me and respect my choices?
- How can I contact you if I need advice?

### **General Questions**

- How much weight should I gain, and at what rate?
- What foods do you suggest that I avoid? What kind of diet do you recommend?
- Are there any exercises that I should avoid, and how much exercise is safe?
- When is it not safe to fly in an aeroplane?
- Are there any activities that I should avoid?
- What over the counter medications can I take that are safe?
- What over the counter medications should I avoid?
- Are my prescription medications safe?
- What prenatal vitamins or supplements do you recommend?
- What pregnancy symptoms can I expect, and how should they be treated?
- Are my symptoms all normal?
- When should I be calling you?
- What do I do when labour starts?

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