

SAMPLE List of Questions to Discuss with Doctor or Midwife BEFORE LABOR

- Under what circumstances would you need to strip or sweep my membranes?
- What medical reasons would require being induced?
- I want to avoid Pitocin augmentation and prefer nipple stimulation and intimate contact with my partner. Will that be a problem?
- I prefer artificial rupture of membranes to Pitocin if the baby is low and in a good position.
- I will eat and/or drink during labor when I'm hungry. Will I need to sign a waiver?
- I prefer intermittent external fetal monitoring if the baby and I are okay.
- I prefer spontaneous, gentle exhalation pushing whenever possible.
- I want to push in whichever positions feel most comfortable to me, such as side-lying, squatting, or hands-and-knees. What positions do you recommend for comfort and progress?
- I prefer warm compresses on my perineum during pushing, without manual stretching or massage.
- I prefer to avoid episiotomy and use gentle pushing and warm compresses to support my perineum.
- If vacuum assistance is considered, I prefer it to be used first to help reposition the baby after trying position changes.
- I prefer to allow my placenta to separate and be birthed spontaneously without traction.
- If I have to have a surgical birth, please allow my partner AND my doula in the OR.
- How long will you allow the cord to continue to pulsate without clamping it? I would like to wait until after cord stops pulsating and becomes white and flat before clamping.
- I prefer the cord not be milked unless there is an urgent medical reason.
- I would like you do vaginal seeding if I have to have a surgical birth.
- I prefer to avoid routine bulb suctioning and have it done only if my baby needs medical intervention clearing the airway.