

Provider Interview Questions

What is your ratio of inductions vs spontaneous labor in your patients?

How do you usually induce people?

How long will you let me labor with my water broke?

What is your c-section rate?

How often do you attend unmedicated births and how do you help support unmedicated birth?

Are there any “routine” procedures/protocols that are “non-negotiable”?

What are your rates of episiotomy?

What are your rates of vacuum/forceps deliveries?

Are you comfortable with alternate pushing and delivery positions such as hands and knees, side-lying, standing, or squatting?

How do you feel about doulas?

How often do you call a c-section for failure to progress? And at what point do you consider a labor a “failure to progress”?

Do you perform routine amniotomies (artificial breaking of water)?

Are you confident in assessing fetal position based on cervical exams or Leopold maneuvers?

Overall do you think birth is natural and normal?

At what point will you require an induction for post dates? Do you request extra testing after a certain gestational age?

Do you recommend elective 39 week inductions?

How often should I expect to see you throughout my labor?

May I eat and drink freely throughout labor?

Hospital Interview Questions

Do I have freedom to move around in labor? Are there wireless monitors? Do I have to be monitored continuously? May I walk the halls, sit on the birth ball, labor in the tub, etc?

Who will deliver my baby? Will my primary provider or will whoever is on call?

Does this hospital allow water births?

Am I allowed to labor in water after my water is broke? If I am GBS positive?

Do the nurses have any training on labor positioning and physiologic birth such as spinning babies?

May I tour your birth center?

Do you have birth balls, peanut balls, and birthing stools?

What kind of pain management options are available? Epidural, IV pain medications, nitrous oxide, sterile water injections, tens unit, etc?

Does staff support uninterrupted skin to skin for the first hour of life?

May I wear my own clothes in labor?

May I keep my placenta after delivery?

Are there lactation consultants available to help with breastfeeding after delivery?

If a c-section is needed are do you have a clear drape so that I can watch?

If a c-section is required do you allow/encourage skin to skin in the OR and recovery?

If a c-section is required is delayed cord clamping still a possibility?