



Soul Shine Birth's Questions to Ask My Provider

Philosophy and Values

- What is your general philosophy on prenatal, labor, birth and postpartum care?
- What are your most important values as a provider?
- How do you uphold these values?

Pregnancy

- How many patients do you take on in a month?
- Do you strive to make genuine patient connections, and will I see you for all of my prenatal visits?
 - Do you work with a team of providers and if so, how many?
 - Do you have a Physician's Assistant (PA) who I'll see often?
- How many ultrasounds do you require?
- Are you supportive of my partner's involvement during prenatals?
- Am I able to do alternative testing, e.g., Fresh Test for glucose testing and retesting for positive GBS results?
- Will you take the time to go over my birth preferences and honor my desires?
- Are you in favor of allowing me to decline cervical exams when I'm full-term?
- Will you respect my opinions on vaccine acceptance/refusal without pressure?
- Are you reachable during an emergency?

Birth

- Are you in favor of natural, physiological birth?
- What is your induction rate?
- Do you allow low-risk mamas to carry to 42 weeks?
- What is your cesarean rate?
- Are you a VBAC supporter?
 - What is your VBAC success rate?
- At which hospital do you catch babies?
- What is your percentage of attending your patient's births?
- Do you recommend induction for a "measuring large baby"?
- Will you control how labor is progressing or let me, as the mama, take the lead?
- When do you join labor?
- What is your role as a physician during labor and delivery?
- What type of comfort measures does the hospital provide, e.g., tub, shower, birth ball, peanut ball, nitrous oxide, epidural, etc.?
- What are your opinions on medical procedures, e.g., continuous external fetal monitoring, IV, rupture of membranes, etc.?
- Are you supportive of my partner's involvement during birth?
- How do you work with the nurse staff?
- Do you work cohesively with doulas?
- Do you recommend I eat and drink during labor?
- Do you support alternative pushing positions, e.g., NOT on my back?
- If I request an epidural, will you still support me in alternative pushing positions?
- If I were to need an emergency c-section, can it be gentle?
 - Will you still honor my desires, e.g., delayed cord clamping, skin-to-skin, music, photos, etc.?
- What is your protocol if there is postpartum hemorrhaging?

Affirmation: My provider works for me, not the other way around!

Postpartum

- What are your standard procedures after my baby is born?
- How long do you stay with me after my baby is born?
- Will you follow my postpartum desires, e.g., delayed cord clamping, golden hour, natural delivery of the placenta, etc.?
- My baby stays with me the entire time, correct?
- What do your postpartum visits entail?
 - How many visits with you will I have?
 - If I needed or wanted extended visits, could I schedule them?

Questions to Ask Myself After Prenatal Visits

- Do our philosophies and values line up?
- Do they have my best interest in mind and will my preferences be honored?
- Do we 'click'?
- Do I feel comfortable, so that I can be my most vulnerable self?
- Was I able to comfortably ask all of my questions?
- Do I trust their expertise and judgment?
- Were they forceful with their opinion?
- Did they take their time with me?
- What did my gut say once I left?

Red Flags	Green Flags
<ul style="list-style-type: none"><input type="checkbox"/> Always late and not valuing my time<input type="checkbox"/> Annoyed about answering extensive questions<input type="checkbox"/> Never having face time and repeatedly sending their PA<input type="checkbox"/> Belittling my preferences and desires<input type="checkbox"/> Their policies are non-negotiable and no room for my voice<input type="checkbox"/> Poor communication skills<input type="checkbox"/> I feel discarded and generally icky when I leave	<ul style="list-style-type: none"><input type="checkbox"/> Sits patiently and happily answers my questions to make me feel more at ease<input type="checkbox"/> Reviews my birth preferences with me in detail<input type="checkbox"/> Supports said preferences and saves them to my file<input type="checkbox"/> Asks questions about my personal life and shows a genuine interest in me<input type="checkbox"/> Cares about my birth and postpartum values<input type="checkbox"/> I feel their positive energy and can be my most vulnerable self with them