

Finding My Care Provider

Interview Questions

1. What Are Your Philosophies And Beliefs About Birth?

Do they see birth as:

- A medical process which needs to be monitored and managed continuously?
 - A process which is fraught with potential minefields and requires preventative procedures? Or;
 - A natural process where nature should take its course before interfering?
2. How Much Choice Do You Feel I Should Have In The Decision Making Process?
 3. What Are Your Thoughts About Pain Relief During Labour?

Another great indicator of how a health care provider views the birth process. Do they assume you'll have pain relief like everyone else, or will they support and encourage natural pain relief methods? Will they fully inform you about any side effects for you as well as your baby? Will they encourage you to accept pain relief, or recommend against it if you are close to birthing your baby?

4. How Do You Feel About My Birth Plan? Do You Foresee Any Problems? (come prepared with a basic plan, but it can be altered as you get closer to the birth)
5. Who is your back-up and will I get to meet him/her?
6. What Are Your Induction Rates? When Do You Think An Induction Should Be Considered?
7. What Is Your C-Section Rate And In What Situations Will You Recommend One?
8. What Options Do You Offer For C-Sections?
9. What Is Your Episiotomy Rate And In What Situations Would You Perform One?
10. Do You Support Vaginal Breech Birth? If So, What Conditions Do You Have?
11. How Do You Manage The Third Stage Of Labour?
12. What Do You Think About Doulas?
13. How do you feel about waterbirth?
14. Which hospitals do you attend?
15. Who is your back-up and will I get to meet him/her?

“12 Questions to ask an Obstetrician before choosing one” *Kelly Winder, 2020*,
<https://www.bellybelly.com.au/pregnancy/ob-gyn-questions-ask-obstetrician/>.