

Similac®

Your Doctor Checklist

When you're having a baby, there's so much to consider. **Use this checklist to make sure your doctor can assist you with a healthy pregnancy and get you ready for delivery.**

Prenatal Care

- How do you handle phone calls if I have questions between visits?
- What will be covered during prenatal visits?
- How will we spend our time beyond necessary physical care?
- What is the visit schedule for the remainder of my pregnancy?
- Which prenatal tests do you routinely recommend?
- What signs indicate that I need medical assistance due to my pregnancy?
- What kind of childbirth classes do you recommend?
- Will you help me develop a birth plan or review one that I've written?

Postpartum

- Will I be separated from my baby after the birth? If so, why and for how long?
- How long will I need to stay in the hospital after delivery?
- Will you or someone on staff provide breastfeeding support?
- What restrictions will I have after delivery?
- What is my postpartum OBGYN visit schedule?

Labor & Birth

- At what point past 40 weeks do you induce labor with drugs?
- At what point do you recommend that I go to the hospital for delivery?
- Who will assist in my delivery if you are unavailable?
- At what point during the hospital process will you check me?
- Will you stay with me throughout my time in labor?
- How do you feel about laboring in different positions?
- What do you recommend for managing pain during labor?
- What percent of your patients receive epidurals?
- Does hospital policy limit who's in the room with me for labor and delivery?
- What will you do to help reduce the chance of tears or an episiotomy?
- What percent of your patients have forceps or vacuum-assisted deliveries?
- What is the C-section rate at your practice? (World Health Organization average is 10%-15%.)
- Is an anesthesiologist available in the hospital around the clock?