

Your Doctor Checklist

When you're having a baby, there's so much to consider. **Use this checklist to understand how your doctor can assist you during pregnancy.**

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 OB-GYN visit schedule?

Labor & Birth

- ☐ At what point past 40 weeks do you induce labor?
- ☐ 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?
- ☐ Does hospital policy limit who's in the room with me for labor and delivery?
- ☐ Will you please tell me more about the chance of tears and an episiotomy?
- ☐ What percent of your patients have forceps or vacuum-assisted deliveries?
- ☐ What is the C-section rate at your practice? (Worldwide rates are 21%, according to the World Health Organization.¹⁾)
- ☐ Is an anesthesiologist available in the hospital around the clock?

Reference: 1. World Health Organization. Caesarean section rates continue to rise, amid growing inequalities in access. World Health Organization website. Updated June 16, 2021. Accessed January 28, 2025. <https://www.who.int/news/item/16-06-2021-caesarean-section-rates-continue-to-rise-amid-growing-inequalities-in-access>