Questions to Ask your Care Giver

- Would I go to the hospital antenatal clinic for all or just some of my antenatal care appointments?
- Does the antenatal clinic run an appointments system?
- Are antenatal classes available?
- Does the unit offer team midwifery care for delivery?
- What types of services are available to me locally?
- Are tours of the hospital available to help me decide?
- Is there a chance for me to discuss and work out a birth plan?
- What are your philosophies about birth?
- Can I be seen by a woman doctor if I need to see a doctor during my care?

About labour and delivery

- Are fathers, close relatives or friends welcome in the delivery room?
- How many people can I have in the delivery room?
- Are they ever asked to leave the room, and why?
- Does the hospital encourage women to move around in labour and find their own position for the birth, if that is what they want?
- What is the hospital policy on induction, pain relief, routine monitoring, diet or any other aspect of labour that concerns me?
- Are epidurals available?
- How much choice do you feel I should have in the decision-making process for my birth?
- Is there anything in my birth plan that you aren't comfortable with or that you foresee will be a problem at my chosen hospital?
- What is your induction rate and at what point do you feel induction of labour should be considered?
- What is your caesarean section rate and in what situations will you recommend a caesarean section?
- How do feel about mothers being separated from their babies after a caesarean? What about immediate skin to skin contact if all are well?
- What is your episiotomy rate and in what situations would you perform one?
- How do feel about vaginal breech birth? If you support it what conditions do you have?
- How do you manage the third stage?

Afterwards

- How soon can I go home?
- Can partners stay overnight?
- Are babies usually put to their mother's breast immediately after birth?
- What services are provided for sick babies?
- Are babies with their mothers all the time or is there a separate nursery?
- Will the hospital encourage (and help) me to feed my baby 'on demand' if this is what I want to do?
- Who will help me breastfeed my baby?
- Will I get help if I choose to bottle feed?
- What is the normal length of stay?
- What are visiting hours? Are there any special rules about visiting?