



## How to Choose a Doctor or Midwife

**By webmaster**

Published: Nov 5 2007 - 6:05pm

## CHECKLISTS AND TIPS FOR INTERVIEWING

How much do we put our bodies, our health, and ourselves into the hands of doctors we hardly know? How will they handle a certain situation? How much medical intervention do they think we need? How much is too much? Do you know her preferences; does she know yours? Take the time to ask questions and get the answers. Know and listen to your body. Make decisions about your birth instead of leaving it to the doctor's discretion. Do you trust your doctor? Take the time to find a doctor that respects and honors your opinions.

### **Where does your doctor stand?**

To find out where your present doctor stands on issues important to you, pick two and ask him at your next visit. Have them written down and have a pen to write down his answers. You should never be made to feel like the questions you ask are unimportant or that you are rushed. You are finding out about your care.

### **Make an appointment with a new doctor.**

Call and tell the receptionist you are looking for a new doctor and just want to talk to the doctor or midwife. Tell them again when you go to the office.

### **Talking to the doctor or midwife.**

Emphasize you do not want or need an exam, you are simply going to talk. Have a list of questions ready. Be clear about your concerns and requests. Tailor your questions to what you need from your doctor or midwife. What are your issues? Do you want support for a VBAC? Do you want your birth to be a natural birth? It is always a good idea to know who the back-up doctors are and what their policies are. If you are pregnant, find out if your doctor/midwife has a vacation scheduled near your due date.



## Ten Interview Questions for a Doctor or Certified Nurse Midwife

1. Approximately how many VBACs have you attended?
2. Of those patients in your practice who wanted VBACs, how many were successful?
3. What do you think my chances are of VBAC success, given my childbirth history?
4. What is your cesarean rate?
5. How do you usually manage a postdate pregnancy or suspected Cephalopelvic Disproportion?
6. What's a reasonable length of time for a VBAC labor if I'm healthy and my baby appears to be healthy?
7. What percentage of your patients' births do you attend?
8. How many people can I have with me during the labor and birth?
9. What is your usual recommendation for IVs, Pitocin, prostaglandin gel, amniotomy, epidurals, confinement to bed, EFM (and so on)?
10. How close together are your appointments?

The above questions were taken from Diana Korte's book "The VBAC Companion" The Expectant Mother's Guide to Vaginal Birth After Cesarean. A must have book.

## More Questions for Obstetricians

- How often do women in your care give birth unmedicated? How many with minimal medication? In what percentage of your patients do you induce labor?
- What is your episiotomy rate? How many mothers deliver over an intact perineum? What is the percentage of forceps delivery or vacuum extraction?
- How long have you been in practice? What are your credentials?



- What hospitals does you have privileges at?
- Is the practice group or solo? Do all the doctors share the same philosophy and practices?
- What prenatal tests/procedures do you require/recommend?
- How do you feel about labor support persons in addition to my partner?
- How many women give birth in squatting, standing, hands and knees, or side-lying position?
- Do you have any vacations planned near my due date (if expecting)?
- What book(s) would you recommend for me to read?
- What would you suggest if my baby were breech?
- Are you planning to be at the hospital with me as I labor?

*This material may be copied and distributed with retained copyright.*

© *International Cesarean Awareness Network, Inc. All rights reserved.*