



African American women have risk factors that impact their pregnancies in different ways. Knowing your risks and talking to your provider is critical to having a successful, healthy pregnancy. Please use the list of suggested questions below to guide your next prenatal visit.

- Please share how you communicate, understand, and work effectively with people of my race/ethnic group.
- What training have had on recognizing implicit bias? How did this influence your decisions on patient care?
- How has the hospital train its medical team on implicit bias? Does this hospital/health care system have a policy on implicit bias?
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- African American women have high related risks and factors that can complicate pregnancy. Do I have an increased risk of any specific complications or conditions during pregnancy or delivery? How will you manage those risks in my pregnancy?
- What screenings do you recommend for me to help ensure a healthy pregnancy?
- Which over the counter medications are safe for me? Are there any prescription medicines I should stop taking during my pregnancy?
- I want to discuss my birth plan. If things do not go as planned, what can I expect during labor and delivery?
- I have a support person. What has been your experience in working with support persons in the delivery room?
- Who will be on my birth team (obstetrician, nurse, midwife)?
- Will you deliver my baby?
- Describe your communication approach with patients. If I have any complications during birth, how will you share this with me and my support person?
- What are the pros and cons of having a vaginal birth? What are the pros and cons of having a C-section? How likely am I to need a C-section?
- What is your position on interventions such as inductions, C-sections, epidurals and other pain medications, and IVs? Are all interventions available to me if needed? What are my options?
- Please describe normal pregnancy symptoms and those that are considered an emergency.
- Who should I call for a medical emergency? Will this change throughout my pregnancy?
- What type of support do you recommend if I want to breastfeed?

AA women and health Disparities