



# QUESTIONS TO ASK DURING PRENATAL VISITS

Some women and birthing individuals are at increased risk for health problems during pregnancy. Black birthing people are more likely to have certain risk factors that contribute to pregnancy complications. Knowing your risks and talking to your healthcare provider is critical to having a healthy pregnancy.

## HERE IS A LIST OF SUGGESTED QUESTIONS TO HELP GUIDE YOUR NEXT PRENATAL VISIT:

- How much weight should I gain during pregnancy?
- What type/amount of exercise do you recommend?
- I want to discuss my birth plan. Can we do that today?
- I am considering breastfeeding my baby. Is the hospital staff supportive, even if I struggle initially? What types of programs do you offer that support breastfeeding?
- I understand as a Black birthing person I am more at-risk during pregnancy. Based on my medical history, can you help me understand my risks and how I can minimize risks during pregnancy?
- What screenings should I consider during my pregnancy?
- Which over-the-counter medications are safe to take during pregnancy? Are there any prescription medications I should stop taking or avoid during pregnancy?
- I know there are several doctors in your practice. Can I choose to see only one doctor?
- Which symptoms are not considered normal that I should call you immediately?
- Sometimes things don't go as planned during labor and delivery. What is the hospital's policy when it comes to communicating with patients, family and friends?
- I want to have a natural birth. If it becomes too difficult for me, how can I, my partner or my support person best communicate to you that I want medication assistance? Is this something that I should include in my birth plan?
- What is your position on:
  - Inductions
  - Scheduled c-sections
  - Epidurals
  - Alternative pain management options
  - Episiotomies
  - Vacuums
  - Forceps
  - Delayed cord clamping
- What is the best method and time of day to contact you with questions? If you're not available, who else on your staff can help?
- What is your position on doulas and/or midwives in the labor and delivery room?
- At which hospital will I deliver?

## NOTES:

---

---

---

---

---