

Questions to ask your OB/Midwife

Congrats on your pregnancy! Below are example questions to ask your pregnancy provider during your prenatal appointments. Your Midwife or OBGYN is there to support you throughout your pregnancy journey, so don't hesitate to ask any questions or voice any concerns.

Keep in mind, you can always change providers if their answers or vibes are not matching yours. If you feel your obgyn or midwife is unsupportive of your goals, do not ignore red flags. *Find a care team that you trust and feel supported by.*

First Trimester

Prenatal Care:

- How often will I need to come in for prenatal appointments?
- What prenatal tests or screenings will I need, and when will they be scheduled?
- What hospital do you deliver babies at? Who will deliver my baby?
- Who do I call if I have any questions or concerns?
- Can my partner attend my prenatal appointments?

Medications and Safety:

- Can I continue taking my current medications?
- Are there any medications or treatments that are safe during pregnancy for common ailments like headaches, colds, or allergies?
- Do I need to take any prenatal vitamins or supplements? If so, which ones and how often?
- What foods should I eat or avoid during pregnancy?
- What types of exercise are safe during pregnancy?
- Are there any activities I should avoid?

Pregnancy Symptoms:

- What are common symptoms of pregnancy, and when should I be concerned about them?
- How can I manage morning sickness? How long does morning sickness typically last?
- How can I best manage any discomfort or symptoms I'm experiencing?
- What's considered "normal" cramping, spotting, or vaginal discharge?

Pregnancy Milestones:

- When can I expect to feel the baby move for the first time?
- When will I have my first ultrasound, and what will it show?
- How can I prepare for labor and delivery?
 - Use code PRENATAL for 10% Mackenzie's Everything Birth Course

Emotional Well-being:

- How can I manage stress or anxiety during pregnancy?
- Are there any resources or support groups you recommend for pregnant women?
- What are the signs of perinatal mood and anxiety disorders (PMADs)? How are they treated?

Second Trimester

Wellbeing:

- What types of exercise are safe and recommended during the second trimester?
- Are there any new guidelines or precautions I should be aware of?
- Are there any support groups or resources for pregnant women that you recommend?
- Is sex safe?
- What should I be eating, and should I be eating more?
- Do I need to start sleeping on my side?
- Am I at risk for preeclampsia?
- Am I at risk for gestational diabetes?
- Will I have any additional ultrasounds or tests during this trimester?

Pregnancy Symptoms:

- What are common symptoms during the second trimester, and when should I be concerned about them?
- How can I manage any discomfort or symptoms I'm experiencing?
- How can I monitor my baby's movements and activity during the second trimester?
- What contractions are considered "normal"?

Preparing for Labor and Delivery:

- What are signs of preterm labor, and when should I contact you or go to the hospital?
- Are there any childbirth classes or resources you recommend for the second trimester?
 - Use code PRENATAL for 10% Mackenzie's Everything Birth Course
- Are there any doulas in the area that you recommend?
- How do I find a pediatrician?

Third Trimester

The final weeks of pregnancy! This is where a lot of birth preparation starts. Below you'll find questions to ask for pregnancy, vaginal birth, inductions, and c-sections.

The Everything Birth Class educates you on what to expect during labor, how to cope with contractions, medical pain management and medical interventions. As well as what to expect during an induction or a c-section and postpartum. Many of these questions can be answered by your doctor/midwife but may be answered more comprehensively in Mackenzie on Motherhood's Everything Birth Class simply due to time constraints put on the doc/midwife during appointments.

Prenatal Care:

- How often will I need to come in for prenatal appointments during the third trimester?
- Are there any specific tests or exams I should expect during the third trimester?
- When should I stop traveling?
- How long should I keep working?

Pregnancy Symptoms:

- What are common symptoms during the third trimester, and when should I be concerned about them?
- How can I manage any discomfort or symptoms I'm experiencing?
- What's considered "normal" swelling of my hands and feet? How can I treat it?
- What are signs of complications or emergencies during this stage of pregnancy that I should watch out for? What are preeclampsia signs I should look out for?
- How should I monitor my baby's movements and activity during the third trimester?

Preparing for Labor and Delivery:

- How can I tell if I'm going into labor vs. false labor?
- What happens when your water breaks? If I am low risk, can I stay home until contractions start?
- Are there any childbirth classes or resources you recommend for the third trimester?
 - Use code PRENATAL for 10% Mackenzie's Everything Birth Course
- What are your thoughts on dates, red raspberry leaf tea, and evening primrose oil?
- At what stage should we discuss induction if the baby is overdue?
- Is there anything I can do to help the baby come if I am overdue?

Labor & Vaginal Birth:

- Can we talk about my birth plan?
- Where do I enter the hospital if I'm in labor? Do I call you before I go to the hospital?

- How many people can I have with me?
- Who will deliver my baby? Will you be there during my whole labor?
- What should I expect during my labor and delivery?
- What can I do to help cope with contractions?
- What pain management options are there?
- Is there an Anesthesia provider at the hospital 24/7?
- Can I have intermittent fetal monitoring if I am low risk?
- Am I able to eat and drink during labor?
- Should I start perineal massage? When? How can I lower my chances of tearing?
- Do you frequently perform episiotomies? What is your episiotomy rate?
- Have you delivered babies in a side-lying, squatting or hands & knees position? Are you comfortable with a wide range of pushing AND delivery positions?
- How likely is it that I'll need a C-section? What is your c-section rate?
- How long will I stay in the hospital?

C-Section Birth:

- Where do I enter the hospital for my c-section? What time do I arrive?
- When do I need to stop eating and drinking before the surgery?
- What should I expect during the C-section birth? How long will the C-section take?
- What type of anesthesia will be used?
- Where will my C-section incision be and how will it be closed up?
- I want my baby skin-to-skin while in the OR, can you help make that happen?
- Can I play music during the c-section?
- Do you have clear surgical drapes so I can see baby be born?
- What can I expect immediately after the surgery in terms of pain, discomfort, and mobility?
- How long will I need to stay in the hospital after the C-section?
- What restrictions or limitations will I have during the recovery period?
- How will a C-section affect my ability to have future pregnancies?
- What are the risks or considerations for future pregnancies after a C-section? Especially if I want a large family.
- Can I have a VBAC (Vaginal Birth after Cesarean) with a future pregnancy?
- Are there any other questions or concerns I should be aware of before the C-section?

Inductions: (See Labor & Vaginal Birth Questions as well!)

- What are the reasons for recommending induction of labor in my case? Are there any specific risks or concerns that make induction necessary?
- How often are inductions bumped back or rescheduled?
- Who will be my doctor during the induction?
- What methods will be used to induce labor? Cervical ripening medications vs balloon catheter vs breaking water vs pitocin
- How long does the induction process typically take?
- Are there any factors that may affect the success of labor induction?
- How will you determine if labor is progressing normally during induction? How often will you check my cervix?
- Are internal monitors routinely placed?

- What are the signs that labor is not progressing as expected?
- Can I take a break during my induction?
- If I am low risk and labor is not progressing, can I go home and come back a different day to be induced?
- Am I able to eat and drink during my induction?
- What are the potential side effects or risks associated with the induction process?

Postpartum Planning:

- What should I expect in terms of recovery after giving birth?
- Are there any steps I should take now to prepare for postpartum care or breastfeeding? Do you have any resources?
- What's the difference between "baby blues" and postpartum depression (PPD)?

Postpartum Visit



In the USA, there is a postpartum check up scheduled around 6 weeks after birth. This is typically when the doctor or midwife evaluates your physical and mental well being and clears you for normal activity.

Physical Health:

- When can I resume my normal activities, including exercise and sexual activity?
- What should I do if I'm experiencing any pain or discomfort?
- What degree was my tear?
- Do I have a prolapse?
- Do I have a diastasis recti present?
- How can I strengthen my pelvic floor after childbirth?
- Are there any exercises or techniques I should use to prevent pelvic floor issues?
- Can I have a referral to pelvic floor physical therapy to be assessed?
- For how many days will vaginal bleeding and discharge occur? How will I know if the flow is normal or not? When should I contact you if the flow is heavy or doesn't stop?
- Should I be using silicone for my cesarean scar?
- What can I do about my vaginal dryness?

Mental Health:

- What are the signs of postpartum depression or anxiety, and when should I seek help?
- Who should I contact if I feel I have a postpartum mood disorders?
- Are there any support groups or resources for new parents that you recommend?

Family Planning:

- What are my options for birth control?

- When can we start trying to conceive again if we want to have another baby? Are there risks of getting pregnant again too soon?
- Are there any steps I should take to prepare for a future pregnancy?
- When is the next time to come back and see you?

Breastfeeding:

- Should I avoid certain medicines while breastfeeding?
- How do you relieve sore breasts during postpartum?
- What is mastitis and when do I need call you if I think I have it?

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