

Birth Provider Questions

DURING PREGNANCY

- + Are you familiar with different childbirth education classes? i.e. Hypnobirthing, Bradley, Hypnobabies, Lamaze, Informed Beginnings, Birthing from within.
- + What do you know about chiropractic, massage, acupuncture during pregnancy?
- + How many ultrasounds do you normally do?
- + How often do you do cervical checks?
- + What are your recommendations for aches, pains, nausea, varicose veins, heartburn?
- + What are your thoughts and statistics on natural deliveries?
- + What is your opinion on doulas?
- + Are you comfortable with VBACs?

BEFORE LABOR

- + Are you supportive of allowing spontaneous labor to happen?
- + Are you open to alternatives to help labor? i.e. Acupuncture, Chiropractic, Acupressure, Nipple Stimulation, Herbs/Essential Oils
- + Do you need an IV? Can they do a Hep-Lock?

Birth Provider Questions

DURING LABOR

- + May I empty my bladder in the toilet instead of a bedpan, commode chair, catheterization?
- + Are you comfortable with vocalization during labor?
- + May I eat during labor?
- + Can I wear my own clothes in labor?
- + Intermittent fetal monitoring, for or against?
- + Will you offer me pain medications?
- + Can I drink fluids during labor? Or must I have ice chips or IV fluids?
- + What kinds of comfort measures are you familiar with? I.e. TENS unit, Hot/Cold packs, Shower, bath, compresses, massage, Aromatherapy, Doula support, lighting, music/sound machine, double hip squeeze, rebozo
- + Can I labor in multiple positions? I.e. walking, lunging, sitting, rocking, standing, pelvic rocking, dangle, back to back, hands and knees, knee chest, squatting, toileting, leaning over bed, birth ball
- + If labor is needing to speed up, can we use natural approaches? i.e. patience, nipple stimulation, position change?
- + Do you break water and/or use Pitocin to speed up labor?
- + Is a birth pool available?
- + How many cervical exams do you want to do?
- + What are your instructions on pushing? i.e. Spontaneous, directed, prolonged, varying positions, mirror, no "coaching", passive descent, mother directed
- + What positions can I deliver in? i.e. Semi-lithotomy/semi-sitting, side-lying, hands, and knees, squatting, standing, partner or self-catches, in water
- + Episiotomy, yay or nay?

Birth Provider Questions

AFTER DELIVERY

- + Thoughts on delayed cord cutting?
- + Open to not cutting until 10 minutes later or Lotus birth?
- + Can partner cut the cord?
- + What is your approach to perineal care? i.e. massage, warm compresses, slow crowning/delivery, episiotomy, prefer self stretching to episiotomy
- + Do you routinely use Postpartum Pitocin?
- + Will you let me keep my placenta?
- + Will you let placenta be birthed naturally? i.e. no pulling

FOR BABY

- + Will baby be put on my chest? Are you ok with baby not leaving room unless partner is with them?
- + Can baby have assessments on my chest?
- + Will we breastfeed as soon as possible?
- + Can we delay procedures on baby for 1-2 hours?
- + OK with not bathing baby?
- + Will you accept if we do not want Hepatitis B vaccine?
- + Will you accept if we do not want erythromycin?
- + Will you accept if we do not want our baby circumcised?
- + Do you agree to not retract foreskin?
- + Feelings on breastfeeding exclusively?
- + Do you supplement formula or sugar water?

Birth Provider Questions

FOR C-SECTIONS

- + If C section is necessary can partner be present?
- + If C section necessary, can partner hold baby immediately?
- + Will you allow one arm to be free?
- + Will you lower sterile drape for me to see delivery?
- + May I breastfeed in OR?
- + Can we take pictures/video in OR?

If you want to find a Chiropractor trained in Prenatal Chiropractic in your area go to
www.icpa4kids.org/Find-a-Chiropractor

If you would like to make an appointment in our Jacksonville, FL office please select call us 904-348-0039 or info@revolutionchirojax.com