



A few questions an expecting woman might want to ask her doctor/midwife before/after writing birth plan/vision:

- Will You Be There? If you are not on call, who is your primary backup? Or, how does your practice arrange its on-call schedule/rotation?
- Notifications: When labor begins, or I think it is beginning, when should I call you?
- Laboring At Home: If I feel more comfortable at home, I would like to stay there as long as possible before heading to the hospital. How long are you comfortable with me staying at home laboring: (a) with water intact and (b) with water broken?
- [IV Fluids In Labor](#)¹ & [IV Ports/Saline Locks](#)²: I would prefer not to have an IV or Hep/Saline-lock are you ok with it? I will be sure to drink enough to stay hydrated and if any complications arise I am ok with the IV.
- [Eating During Labor](#)³: If I would like to eat in labor, are you ok with that? What if the hospital tells me I can't?
- Interventions: What reasons do you find it necessary to perform: (a) an episiotomy (b) a vacuum assisted delivery and (c) a cesarean section?
- I've heard different things about Pitocin and I'm wondering what you recommend as an alternative to using Pitocin if contractions are weak and/or spaced out? For example, I've heard that nipple stimulation can strengthen a contraction pattern, what do you think about this? And, what other methods should I be aware of?
- I am concerned about the possibility of a perineal tear. What do you recommend I do in advance of labor starting to help my body prepare (e.g. perineal massage, Epi-No)? What variables impact if a mom tears during pushing/delivery? How do you protect my perineum?
- Inductions: Assuming everything is good with the baby and myself, how long do you feel comfortable going past my due date before you would want to induce?

¹ <http://evidencebasedbirth.com/are-iv-fluids-necessary-during-labor/>

² <http://evidencebasedbirth.com/the-saline-lock-during-labor/>

³ <http://evidencebasedbirth.com/q-a-food-and-drink-during-labor-9/>