

QUESTIONS FOR HOSPITAL

Pre-Admission and Preparation

Do you offer any type of birthing classes? If so, who teaches them, and how much do they cost?

Is there any paperwork I can complete before my delivery?

Can I pre-register for admission to make check-in easier when I arrive in labor?

Can I tour the labor and delivery unit before my due date?

Where do I go when I present in labor? Where is the best place to park?

What services are included in my hospital bill, and what might be extra?

Is the anesthesiologist included in the hospital bill, or will I be billed separately for an epidural?

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Pre-Admission and Preparation

- Is this a teaching hospital? If so, should I expect residents or students to be present during delivery?

Policies and Visitor Information

- What is the hospital's policy on labor induction, and when is it considered medically necessary?

- What are the hospital's policies regarding support people? Can my partner, doula, or other family members be present during labor and delivery?

- Are there specific COVID-19 protocols still in place for labor and delivery?

- What is your visitor policy? Are siblings allowed to visit?

- How many people are allowed in the room during labor and delivery? What about in the event of a C-section?

- Are doulas allowed?

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Birthing Environment and Comfort Options

What type of birthing rooms are available?

Will I have to share a room with anyone, or are all the rooms private?

Do you have any rooms with tubs or showers?

Will I have access to birthing balls, squat bars, or other support equipment?

Does the hospital allow freedom of movement during labor? Can I walk around, change positions, or use a birthing ball?

Do you allow wireless fetal monitoring so I can move around?

Will I have access to my own environment like a low-light setup if I prefer a calming atmosphere?

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Birth Environment and Comfort Options

Is my support person allowed to take pictures or record video during labor and birth?

Does my support person have a place to sleep in the room? What accommodations are there for them?

Will my support person be provided meals? If not, is there a cafeteria on-site where they can get food?

Labor and Delivery Procedures

What is your C-section rate?

Under what circumstances might a cesarean section be recommended?

If a C-section becomes necessary, can my support person stay with me in the operating room?

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Labor and Delivery Procedures

What methods do you most commonly use to induce labor?

Am I required to have an IV during labor? If so, can I have a saline lock?

What pain management options are available during labor? (Both medicinal and non-medicinal)

What is the average wait time to receive an epidural?

Do you support and encourage immediate skin-to-skin contact?

Do you allow delayed cord clamping?

How does the hospital handle requests like delayed cord clamping, immediate skin-to-skin contact, and delayed newborn procedures for bonding time?

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Post-birth and Newborn Care

How soon can breastfeeding be initiated after birth?

Do you have lactation consultants or other breastfeeding assistance resources on-site?

Are lactation consultants available to help with breastfeeding, and how soon after birth can I see one?

If I plan to formula-feed, what support does the hospital provide?

Are there breast pumps available for use during my stay?

Will my baby stay with me in the room at all times, or are there any required procedures that will take the baby out of the room?

Can I hold my baby immediately after birth, even if I have a C-section?

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Post-birth and Newborn Care

- What standard tests and procedures will my baby receive after birth (e.g., Vitamin K shot, eye ointment, heel prick)?

- Can I decline or delay any of these newborn procedures if I choose?

- Do you offer delayed bathing, so the baby has time to bond and regulate temperature?

Special Considerations and Additional Support

- What circumstances might prompt my baby to be separated from me after birth?

- How does the hospital handle situations if the baby needs special care or has to be admitted to the NICU?

- If my baby requires NICU care, will I be able to visit and have skin-to-skin contact?

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Special Considerations and Additional Support

Do you provide information on postpartum mental health resources if I need them?

Are there any postpartum support resources, such as classes or groups, for after I leave the hospital?

Is there a hotline or support system I can contact if I have questions after I leave the hospital?

Postpartum and Recovery Services

How long is the typical stay for a vaginal birth and a C-section?

Are there options for rooming in with my baby, or is there a nursery available?

Do you provide meals for postpartum recovery?

What amenities are available for comfort during labor and postpartum recovery?
