

Prepare for Your Maternity Tour



Questions to Ask

*Where do moms in labor check in? Is there a separate entrance used after certain hours?

*Where do I park? Is there a fee?

*How do I pre-register?

*Do you accept my insurance?

*Do you have private delivery rooms (and bathrooms) or would I have to share one with another mom?

*Do you allow intermittent and wireless monitoring?

*Do you permit moms to labor in water (a tub or shower) and if so, does every room have this option or do I have to request it?

*What other labor tools do you offer? (Birthing ball, birthing bar, etc.)

*What medications are typically administered to moms during labor, delivery, and postpartum?

*If I decide to receive an epidural or other medication for pain relief, will I be permitted to move around, or will I need to remain sitting/laying down?

*How long will you allow moms to labor before intervening (medication, c-section, etc?)

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Questions to Ask

*Do you allow moms to eat and drink during labor?

*Would I be permitted to decline an IV and drink fluids instead (unless an IV became medically necessary?)

*What positions do you allow moms to push in?

*Do you have nicer rooms for either delivery or postpartum recovery that I could pay to upgrade to?

*How long is the postpartum hospital stay with a vaginal birth?

How long is the postpartum hospital stay with a c-section?

*Could I watch my delivery with a mirror if I want to? Do you have one to use?

*Do you allow moms to have skin-to-skin contact immediately after delivery?

*Would I be able to delay cord clamping if I want to?

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Questions to Ask

*What procedures are performed on my baby after delivery? (eye ointment, shots, bath, etc.) Would I be able to decline/delay some or all of these if I choose to?

*Will my birth partner be permitted to stay in the room the entire time with me?

*How many people are permitted to be with me during labor (including a doula if I choose to have one?)

*What toiletries do you have available for moms (and dads) during the postpartum stay?

*What baby items do you have available for newborns that we can use?

*When are visiting hours during my postpartum stay?

*Are children allowed to visit?

*When will I be able to eat after giving birth, and what are the hours I can order food?

*Will my husband/birth partner or I need to pay for food we order?

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Additional Questions I Want to Ask

A large, empty rectangular area with a thick red border, intended for writing additional questions to ask during a maternity tour.

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NOTES:

A large, empty rectangular area with a thick red border, intended for taking notes during a maternity tour.