



Congratulations on your pregnancy!

Choosing an OB-GYN is one of the first important decisions you'll make during this journey.

Use this checklist as a guide while researching providers or during your first appointment.

Insurance & Logistics

- Does this provider accept my insurance?
- Is the office conveniently located for routine prenatal appointments?
- Are office hours compatible with my schedule?
- What hospitals does this provider deliver at?
- If my provider is unavailable when I go into labor, who will deliver my baby?
- Does this practice have multiple providers? Will I meet each of them during my pregnancy?
- What is the best way to reach the office with questions between appointments?

Hospital Preferences

- Is this the hospital where I hope to give birth?
- Does the hospital offer the amenities that are important to me?
- What level NICU does the hospital have if my baby needs additional care?
- Are support people allowed during labor and birth?
- Does the hospital support rooming-in and skin-to-skin care after birth?
- Are there lactation consultants available during my hospital stay?

Provider Philosophy

- How does this provider approach low-risk pregnancies?
- How do they feel about creating and following a birth plan?
- How do they approach inductions and cesarean births?
- Will they discuss all available options so I can make informed decisions?
- Do I feel comfortable asking questions and sharing concerns?

Birth Preferences

- Does this provider support the type of birth experience I'm hoping for?
- How do they support natural or low-intervention birth when medically appropriate?
- How do they discuss pain management options?
- What is their philosophy regarding labor movement and position changes?
- Are intermittent fetal monitoring or laboring in different positions options when medically appropriate?

VBAC (If Applicable)

- Does this provider support VBACs?
- What qualifications determine whether I'm a good VBAC candidate?
- What is their VBAC success rate?
- What additional monitoring or recommendations do they have for VBAC patients?
- At which hospitals do they perform VBAC deliveries?

Labor Doula Collaboration

- Is the provider comfortable working alongside a Labor Doula?
- Have they worked with doulas before?
- How do they view the role of a doula during labor?
- Will my doula be welcomed as part of my birth team?

Communication Style

- Do I feel listened to during appointments?
- Are my questions answered clearly and respectfully?
- Does the provider explain both benefits and risks when discussing options?
- Do I feel comfortable speaking openly with this provider?
- After today's visit, do I feel confident moving forward with this practice?

First Appointment Notes

First Impression:

Questions I still have:

Things I loved about this practice:

Anything that gave me pause:

Remember...

The best provider isn't simply the one with the most recommendations, it's the one who makes you feel informed, respected, and supported throughout your pregnancy.