

QUESTIONS TO ASK IN THE 3RD TRIMESTER

Discussing and asking these questions will help ensure that you and your provider are on the same page and that you have a clear understanding of the procedures and options available to you during labor and birth.



For more info, reach out to www.thefirstparents.com

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HERE ARE SOME QUESTIONS TO ASK YOUR PROVIDER DURING THE THIRD TRIMESTER OF PREGNANCY:

GOING INTO LABOR

- If I think my water has broken, when should I call you?
- At what point should I call you if I am having contractions?
- At what point should I go to the hospital if I am having contractions?

WATER BREAKING

- If my water breaks, how are the next steps of care determined?
- Do I need to go to the hospital immediately?
- Can I stay home until my contractions become more frequent and stronger?
- How long will you let me wait to go into labor before recommending induction methods?
- If my water has broken, can I take a bath?

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BIRTHPLACE PROCEDURES

- Where do I go when I arrive at the hospital/birth center?
- What are the triage and admissions procedures?
- What tests will be conducted in triage to determine if I will be admitted?
- What tests will be conducted upon admission?
- Will you do an ultrasound to check the baby's positioning?
- What are the typical steps after I am admitted?
- Will I labor, give birth, and recover in the same room?

INDUCTION

- What natural induction methods are safe for me to try?
- What is your process for inducing labor?
- Am I able to eat if I am induced?

Remember, open and honest communication with your provider is key.

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