1. I would like my doula to be allowed in the triage room with me.
2. I would like to be checked for dilation in triage first, so that they can determine if I’m in active labor and then do the monitoring, vitals, and paperwork in my Labor and Delivery room.
3. How familiar are the nurses with Hypnobirthing? Are there a lot of nurses that are experienced with natural birth?
4. What is your cesarean rate? What is your natural birthing rate?
5. Would the staff be offended by a door sign asking for quiet voices or specific vocabulary used?
6. Do you have a squat bar? Birthing stool? Birth Ball? Peanut Ball? Where are they? Aqua therapy tub? (be sure to check out the showers in depth. This is your oasis in the hospital)
7. Do you have a hand-held Doppler? A water proof one? (If I wanted to stay in the shower or away from the bed and you needed to monitor baby’s heart rate)
8. Where in the rooms do they usually keep washcloths?
9. Where in Labor and Delivery do they keep ice and water? Is it okay for my doula or husband to go and get some?
10. How comfortable is the staff with pushing outside of the bed?
11. When I call to let them know I’m on my way in, what kind of information would they like to know? Do they need my social and/or medical record number?
12. What is the policy about eating if unmedicated? (or without Pitocin) What about if I am medicated or have Pitocin?
13. Would the nurses be comfortable with me pushing instinctively instead of directed? Do you know what “breathing baby down” is about?
14. When can I be discharged depending on what kind of birth I had?
15. Are there any entrances to the hospital that close at certain times of night?
16. How can my partner grab a wheel chair for me quickest once we pull up to the entrance?
17. Is Pitocin after delivery standard?
18. If my baby is headed to the NICU shortly after I birth, I would like my (partner) to go with the baby.