

# Size-Friendly Care Provider Questions

15 questions to ask your OB-GYN or midwife to help you connect with a size-friendly care provider.

1. WHAT IS YOUR PREVIOUS EXPERIENCE WORKING WITH PLUS SIZE PEOPLE?

2. WILL I BE CONSIDERED HIGH-RISK BASED ONLY UPON MY BMI?

3. CAN YOU EXPLAIN YOUR PREGNANCY AND BIRTH PHILOSOPHY?

4. HOW DO YOU TYPICALLY MANAGE PRENATAL CARE AND BIRTH WITH A LOW-RISK PATIENT?

5. HOW OFTEN DO YOU PERFORM INDUCTIONS?

6. WHAT IS THE C-SECTION RATE OF YOUR PRACTICE?

7. WHO WILL BE THE CARE PROVIDER AT MY BIRTH?

8. HOW DO YOU FEEL ABOUT ME LABORING IN DIFFERENT POSITIONS?

9. HOW DO YOU FEEL ABOUT CONTINUOUS FETAL MONITORING?

10. HOW DO YOU FEEL ABOUT EATING AND DRINKING DURING LABOR?

11. WHAT ARE YOUR FEELINGS ON PAIN RELIEF IN LABOR?

12. WHAT ARE YOUR THOUGHTS ON BIRTH PLANS?

13. HOW WOULD YOU FEEL IF I DISAGREED WITH A RECOMMENDATION YOU MAKE DURING MY LABOR OR BIRTH?

14. HOW DO YOU FEEL ABOUT DOULAS?

15. WOULD YOU CONSIDER YOURSELF A SIZE-FRIENDLY PROVIDER AND DO YOU HAVE ANY PROTOCOLS FOR PEOPLE OF SIZE THAT I SHOULD BE AWARE OF?

NOTES