

# Questions to Ask During Your Labor and Delivery Tour

*Start Smart*  
for Your Baby®

Don't be shy. Ask lots of questions during your tour and take notes.

That way, when the time comes to have your baby, you can feel confident about how things will work.

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## About the hospital

- Will I have to share a room? Is there an option for a private room?
  - Call us at the phone number on the back of your ID card to check your benefits!
- Will I labor and deliver in the same room? What about after delivery?
- How many people are allowed in the room while I'm in labor? During the delivery? What if I have a C-section?
- Is there a waiting area for friends and family that I can see? What are the visiting hours and policies once my baby is born? Can children visit?
- Is there a place for my birthing partner to spend the night with me while I'm in the hospital?
- Is this a teaching hospital? If so, can I expect interns or students to be present during my delivery?
  - You can request no students or interns be present during your delivery.

## Labor and delivery

- How often do you monitor me and my baby during labor?
- How often do you perform pelvic exams during labor?
- What positions can I give birth in?
- What's the hospital's C-section rate? What happens if I need a C-section?
- How long will I have to wait for an epidural?
- What types of birth experiences do you support? Can I have a doula or midwife present? Or a water birth?
- When is the umbilical cord cut? Who cuts it?

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## After your delivery

- When does my baby receive their vitamin K shot and erythromycin eye ointment?
- Can I have skin-to-skin contact immediately following the birth?
- What if my baby needs to go to the NICU? Will they have to go to another hospital?
- Can my baby stay with me after delivery or is there a nursery?
- Do you have a lactation consultant?
  - Your health plan can help set that up, too! Just give us a call at the phone number on the back of your ID card.
- Do you have a breast pump I can use? Will you teach me how to use it?
  - Your health plan can help you get one to take home! Just let us know when you deliver and we'll talk about your options.
- Do you use formula?

## Going home

- How long will I be in the hospital after delivery?
- What else needs to be done before I can take my baby home?
  - Most hospitals require proof of a properly installed car seat.
- What paperwork is needed before I get discharged? Can I complete it before delivery?

## More helpful questions

- If I want a birth control implant, IUD, or tubal ligation, can I get it here?
- Do you offer infant CPR classes for new parents before being sent home?
- Do you offer whooping cough vaccinations for parents and caregivers?