

Provider Question Guide

Birth Plan Flexibility:

- How flexible are you with birth plans that may include alternative pain relief options, like herbal remedies, or non-traditional practices?
- Are there any restrictions in your facility for birth plans?



Your Team's Experience with Alternative Birth Preferences:

- Does your team have experience with patients who prefer a natural, low-intervention birthing experience?
- Are there any particular doctors or midwives you'd recommend in your practice who specialize in this approach?



Support for Labor and Delivery Comfort Measures:

- Does your facility allow for the use of comfort measures like birth tubs, hypnobirthing, and specific positions for labor and birth?
- Are you supportive of things like bringing in personal items or creating a calming atmosphere during labor?



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Cannabis and Testing Policies:

- What is your office's policy on cannabis use during pregnancy?
- Do you require any testing, and if so, what does that process look like?
- Are there specific guidelines or restrictions on patients who use cannabis?
- Could I receive this policy in writing?



Approach to Natural and Holistic Care:

- Does your practice support a holistic or natural approach to pregnancy and childbirth?
- Are there specific resources, practices, or tools your team recommends or provides for those interested in holistic or plant-based health?



Patient Autonomy in Decision-Making:

- How does your office approach patient decision-making, particularly if I want to avoid certain interventions?
- Will my choices around pain management and other procedures be fully supported?

