



Disclaimer: The views and opinions expressed in this article are that of the author, and should **not** be substituted for independent professional healthcare advice. The content is not intended to establish a standard of care to be followed by the reader, and is for **general informational purposes only**. You should always seek the advice of your physician or other qualified health practitioner with any questions or concerns you may have regarding your health. ICAN is a peer-to-peer support group, and does not provide medical services or advice.

Questions to ask your practitioner AND the hospital about Family Centered Cesareans.

When choosing a new practitioner, it is important to discuss your birth plan at the first prenatal appointment (or even before you conceive!). The earlier you discuss options, the earlier you know if the provider is going to be a good fit for your family. Below is a list of example questions that would be good to consider when talking to your practitioner about Family Centered Cesareans. This is not a comprehensive list. You should also make an appointment with your hospital to discuss their policies and procedures.

Questions to ask your practitioner:

1. Do you support the use of clear drapes during a cesarean?
 - a. At what point during the birth do you reveal the clear drape?
2. Do you support immediate skin-to-skin in the operating room?
 - a. What situations would make this impossible?
3. Do you support immediate breastfeeding in the operating room?
 - a. What situations would make this impossible?
4. Do you support the use of a doula, in addition to a family support person, while in the operating room?
5. Do you support the use of birth photography in the operating room?
6. Do you support the patient having unrestrained arms throughout the birth?
7. Do you support the patient playing their music of choice during the birth?
8. Do you support delayed cord clamping during cesareans?
 - a. What length of time do you consider to be delayed cord clamping?
9. Do you support the use of medications during the birth that do NOT sedate the patient?
10. Do you support the use of dimmed lighting during the birth?
11. Do you support keeping baby with mom at all times?
12. Do you use sutures, or staples to close the incision?



Questions to ask the hospital:

1. Do you have clear drapes for cesareans?
 - a. Does anyone that asks for it get one?
 - b. Are they ever unavailable?
2. Do you support skin-to-skin in the operating room?
 - a. Do you need extra staff for this to happen?
 - b. Are you ever unable to support this?
 - c. When is the last time you were not able to support this?
 - d. Do I have to ask for it upon arrival?
3. Do you support breastfeeding in the operating room?
 - a. Do you need extra staff for this to happen?
 - b. Are you ever unable to support this?
 - c. When is the last time you were not able to support this?
 - d. Do I have to ask for it upon arrival?
4. Do you have policies regarding doulas in the operating room?
5. Do you have policies regarding birth photography in the operating room?
6. Do you keep mom and baby together at all times, when medically stable?
 - a. Are you ever unable to support this in medically stable births?