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Questions to ask your practitioner about TOLAC/VBAC:

When choosing a new provider, 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 provider about VBAC. This is not a comprehensive list. You should also make an appointment with your hospital to discuss their policies and procedures, especially if your provider told you the hospital does/does not offer something specific.

1. Do you support VBAC?
2. Do you support VBAC after two or more cesareans?
3. Do you have specific criteria that all patients planning VBACs must meet?
4. Do your back-up providers support VBAC?
 - a. Who are they?
 - b. How often do they attend deliveries for your patients?
 - c. Will I be meeting them during my pregnancy?
 - d. Do they have different criteria for patients planning VBAC?
 - e. Do I have the option to decline care from a specific provider in your office, and still be able to deliver with your office?
5. Do you support ECV?
 - a. Do you support ECV for patients planning VBAC?
 - b. Does the hospital have specific policies about this?
6. Do you support Vaginal Breech Birth?
 - a. Do you support VBB for patients planning VBAC?
7. Do you support induction for patients planning VBAC?
 - a. What methods do you use?
 - b. Do you support the use of a foley bulb induction? How many have you done?
8. How many VBACs have you attended this year?
 - a. What percentage of your planned-VBAC patients have a VBAC?
9. What is your overall cesarean rate?
10. Do you use third trimester ultrasounds to estimate the weight of the baby?
 - a. At what estimated weight do you become uncomfortable with vaginal birth?
 - b. Do you support patients that decline ultrasounds for weight estimation?
11. Do you support planned VBACs in patients with Gestational Diabetes?
12. Do you support gestations beyond 40 weeks for your patients planning VBAC?

- a. At what gestation do you prefer patients planning a VBAC to deliver?
- 13. Do you support eating and drinking in labor?
 - a. Does the hospital have a policy against this?
- 14. Do you support the use of portable monitors?
 - a. Does the hospital have this ability?
- 15. Do you support the use of hydrotherapy (labor tubs, shower, etc...) during labor for patients planning a VBAC?
 - a. Does the hospital have this ability?
- 16. Do you support the use of a doula?
 - a. Does the hospital have policies about this?
- 17. Do you support the use of a birth photographer?
 - a. Does the hospital have policies about this?
- 18. Do you support delayed cord clamping?
 - a. What length of time do you consider to be delayed cord clamping?
- 19. Do you support immediate skin to skin?
 - a. Does the hospital have policies about checking vitals away from mom?
- 20. How often do you perform episiotomies?
- 21. How long are you comfortable with a patient laboring after their water has broken?
- 22. How do you feel about laboring with a GBS+ status?
- 23. How do you feel about med-free deliveries for patients planning a VBAC?

Questions to ask the hospital/birth center about TOLAC/VBAC:

- 1. What is your VBAC rate?
- 2. What is your overall cesarean rate?
- 3. Do you support TOLAC and VBAC?
- 4. Do you support TOLAC after multiple cesareans?
- 5. Do you support Vaginal Breech Birth?
- 6. Do you support vaginal birth of multiples?
- 7. Do you support eating and drinking in labor?
- 8. Do you support med-free vaginal birth?
- 9. Do you have specific policies for TOLAC patients that differ from other vaginal birth patients?
- 10. Do you have wireless or walking monitors?
 - a. Are they available for TOLAC patients?
 - b. How many do you have?
 - c. How often do they need to be charged?
 - d. What happens when another patient is using it?
- 11. Do you support water labor for TOLAC?
- 12. Do you support the use of a Doula?
- 13. Do you support the use of a birth photographer?
- 14. Do you have procedures in place to protect the patient in the event of the patient informing of a desire to sever the patient-doctor relationship?
 - a. How long does it take to complete the process and call another doctor to come in?
 - b. What if the patient is severing the patient-nurse relationship?
- 15. What do you offer that differs from other local hospitals?