

# Questions to ask the hospital/birth center about 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.

- What is your VBAC rate?
- What is your overall cesarean rate?
- Do you support TOLAC and VBAC?
- Do you support TOLAC after multiple cesareans?
- Do you support Vaginal Breech Birth?
- Do you support vaginal birth of multiples?
- Do you support eating and drinking in labor?
- Do you support med-free vaginal birth?
- Do you have specific policies for TOLAC patients that differ from other vaginal birth patients?
- Do you have wireless or walking monitors?
  - Are they available for TOLAC patients?
  - How many do you have?
  - How often do they need to be charged?
  - What happens when another patient is using it?
- Do you support water labor for TOLAC?
- Do you support the use of a Doula?
- Do you support the use of a birth photographer?
- Do you have procedures in place to protect the patient in the event of a desire to switch providers?
  - How long does it take to complete the process and call another doctor to come in?
- What if the patient is severing the patient-nurse relationship?
- What do you offer that differs from other local hospitals?

