



Questions to Ask Your Provider

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1. What is your C-Section rate?
2. What is your episiotomy rate?
3. How comfortable are you with natural birth?
4. What are your protocols if labor is not progressing quickly?
5. When I go into labor, will you be the one to delivery my baby?
6. What are my pain relief options during labor?
7. Can I eat/drink during labor?
8. Can I move around during labor?
9. What positions can I push in?

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