

OBGYN Transfer Guide & Official Script

Protecting Your Peace, Your Body & Your Baby ✨

Look, sis... If your gut is telling you that your current provider isn't safe or isn't listening to you, you have every right to switch. You do NOT owe them an explanation, and it is never too late to advocate for yourself. Use this step-by-step checklist and scripts to make the transition seamless!

Step 1: Secure Your New Provider First

ACTION CHECKLIST

Before you officially say goodbye to your current doctor, make sure your new safe space is locked in:

- Call potential new OBGYNs or Midwives and ask: *"Are you currently accepting transfer patients at X weeks pregnant?"*
- Confirm they take your health insurance plan so there are no unexpected bills.
- Ask about their scheduling: *"How soon can I get in for my initial intake appointment?"*

Step 2: The Medical Records Request Script

When you call or walk up to the front desk of your **current/old clinic**, you don't need to be confrontational. Keep it sweet, direct, and professional. Use this exact word-for-word script:

"Hi, my name is [Your Name], and my date of birth is [MM/DD/YYYY]. I am writing to formally request a complete copy of my prenatal medical records, including all lab results, ultrasounds, and clinical notes from [Start Date] to the present. I am transferring my care, and my new provider needs these sent over immediately to prepare for my upcoming appointment. Please let me know what release form I need to sign today to get this processed immediately."

Sisterly Tip: If they ask why you are leaving, you can simply smile and say: *"It's just a personal logistical decision. Thank you!"* You do not have to explain yourself.

Step 3: Following Up & Securing the Transfer

DON'T LET THEM DELAY YOU

Clinics can sometimes be slow with paperwork. If they tell you it will take weeks, use this script to create urgency:

"Because I am currently [Number] weeks pregnant, my care is time-sensitive. I need to ensure there is no gap in my prenatal monitoring for the safety of my baby. Can we please expedite this request, or can you provide a printed copy directly to me today so I can hand-deliver it to my new doctor?"