

WHO SHOULD BE MY PREGNANCY CARE PROVIDER?



The first and most important decision in pregnancy



ALL PARENTS WANT WHAT'S BEST FOR BABY.

The best carrier, car seat, stroller – and of course healthcare provider!

When it comes to finding a provider for you and baby, pick the one who will support you in the safest, healthiest birth possible.



UP TO DATE

In the UK, the newest guidelines say that midwife-led care during labor for women with uncomplicated, low-risk pregnancies is **SAFEST** and **HEALTHIEST**.¹

You might be considered high-risk if:

- ✗ You're pregnant with multiples
- ✗ You have a health problem (pre-existing or pregnancy related)
- ✗ Your baby has a health concern

DID YOU KNOW?

Most people who give birth in hospitals are considered low risk

and 100% are candidates for midwifery care.

Yet in 2016... the CDC reports that midwives attended just under 9 percent of births in the United States.²

ASK QUESTIONS TO GET THE CARE YOU WANT!

- What is the cesarean rate of your provider and your birth place?
- Does your provider recommend routine induction around 39 or 40 weeks?
- Are there policies against going to 41 or 42 weeks?
- Do you limit the length of labor?
- How often do you support birth with low interventions – no pain medications, no Pitocin, no IV fluids, no episiotomy?
- How often do you support physiologic birth – upright positions, eating and drinking, variety of pushing positions?

WHAT ARE YOUR OPTIONS?



MIDWIFE

Complete women's care, prenatal, labor, birth and postpartum care for low-risk women. Physician support, if needed

Hospital, in-hospital or freestanding birth center and home

Low rates of medical interventions (induction, continuous EFM, episiotomy), low cesarean rate



FAMILY PHYSICIAN

Complete healthcare for all ages and genders. About 2-5% deliver babies, manage routine care and refer to OB for complications³

Hospital, in-hospital birth center

Many may recommend medical interventions, including cesarean



OB/GYN

Complete women's care, prenatal, labor and birth care, expertise in high-risk pregnancy and surgery

Hospital, in-hospital birth center

Many may recommend medical interventions, including cesarean



MATERNAL-FETAL MEDICINE SPECIALIST

Non-routine women's care, prenatal, labor and birth care for high-risk pregnancy and surgery

Hospital

Higher rate of interventions, due to complicated health conditions of mom or baby

PICK THE RIGHT PROVIDER TO CARE FOR YOUR BABY.



1 Take a Lamaze class and get educated on all of the options.



2 Talk to friends and family about their experience.



3 Trust your instincts and pick the provider that's right for you and baby.

REMEMBER – IT'S NEVER TOO LATE TO MAKE A CHANGE IF YOU HAVE CONCERNS!

To learn more about choosing the right healthcare provider for you and baby, sign up for a Lamaze childbirth education class in-person or online.

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



1 National Institute for Health and Care Excellence. Clinical guideline [CG190]. February, 2017. Intrapartum care for healthy women and babies. Retrieved from: <https://www.nice.org.uk/guidance/cg190/chapter/Recommendations#place-of-birth>
2 CDC National Vital Statistics Reports. Final Data for 2017. Retrieved from: https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_08_tables-508.pdf
3 Retrieved from: <https://www.aafp.org/afp/2017/0615/p762.html>