

## Questions to ask on the hospital tour

### LABOUR:

- Can my partner stay with me while I'm being monitored in the admitting room?
- Will there be medical students attending to me or observing me in labour?
- Can I eat and drink freely during labour?
- Will I be monitored continuously or will it be intermittent monitoring?
- Can the fetal heart rate be monitored by hand using a foetal stethoscope or wireless monitoring so that I can move around?
- Will I have the freedom to choose positions in labour (such as walking, sitting, squatting, kneeling, using a birth ball etc.?)
- What is the hospital's policy regarding artificial rupture of membranes?
- What is the hospital's policy regarding the use of artificial hormones (Syntocinon) to boost contractions or induce labour?
- If my membranes rupture at home, do I need to come to hospital immediately, or can I wait at home for a while?
- If my membranes rupture and I don't have contractions yet, after how many hours will I be induced?
- Can I take lengthy showers or have a bath for pain relief and relaxation?
- What percentage of women have epidurals for pain relief in labour? (e.g. if most women have epidurals, it is an indication of the hospital's attitude towards natural childbirth)
- Do the midwives actively encourage women in labour to use pain-relieving drugs?
- Can my partner be with me all the time?
- Can I have an additional support person with me?

### BIRTH:

- Can I have an additional support person with me during the birth?
- Can my partner be with me for a Caesarean birth?
- Can I choose positions for pushing and for delivery?
- Will I be able to push beyond the usual time limit if progress is being made?
- Will every effort be made to avoid an episiotomy?
- May I touch my baby during delivery?
- Does the hospital practice delayed cord clamping (after the pulsating stops)?
- May I have immediate skin-to-skin contact with my baby following birth?
- Does the hospital routinely give Syntocinon after the birth to expel the placenta?
- Can I put my baby on my breast to stimulate the expulsion of the placenta?

### POSTNATAL:

- What breastfeeding support is available to me in the hospital?
- Can I choose that my baby not be given Vitamin K or certain immunisations (e.g. Hepatitis B)?
- Are partners restricted to hospital visiting hours? If so, what are those hours?
- Can I be discharged early if I want to?
- What support is available to me after my baby and I go home?