

# Questions to ask your OBGYN

Choose a provider who respects your values and beliefs, and understands the challenges and risks you're facing as a Black woman. Someone aware of the implicit biases in the healthcare system can advocate for you. When you're looking for an OB or midwife, here are some questions you can ask them:

1. About what percent of your practice's clients are Black?

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2. Have you participated in implicit bias or cultural humility training?

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3. Do you promote or encourage doula support?

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4. Do you offer options for group prenatal care?

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5. How do you feel about pain management during childbirth?

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6. How often do you suggest induction of labor, and under what circumstances?

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7. How much time is available at each appointment for patients to get answers to questions and discuss concerns? And when I call with questions, what is your response time?

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9. What can you tell me about the disparities in maternal healthcare for Black women?

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10. How do you encourage staff to practice thorough informed consent? (Informed consent happens when a healthcare provider gives a patient plenty of information about medical care, including all risks and benefits, before allowing the patient to make their own decision.)