



The Love Birthing Guide to

**CHOOSING A
HOSPITAL &
OBGYN**

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INTRODUCTION

A big part of having a gentle and positive birth is to know what you want and then to communicate this to your Dr and Hospital as early as possible.

Unfortunately it's a case of - If you don't know what you want - you will get what your given, which can often lead to a more medicalised birth.

Once you know what kind of birth that you want you can find a Dr and Hospital that have the same approach.

In general you are looking for a hospital that follows a more midwifery led model of care rather than the medical model.

The Midwife Model of Care	The Medical Model of Care
Definition of Birth	
<ul style="list-style-type: none">• Birth is a social event, a normal part of a woman's life.• Birth is the work of the woman and her family.• The woman is a person experiencing a life-transforming event.	<ul style="list-style-type: none">• Childbirth is a potentially pathological process.• Birth is the work of doctors, nurses, midwives and other experts.• The woman is a patient.
Birthing Environment	
<ul style="list-style-type: none">• Home or other familiar surroundings.• Informal system of care.	<ul style="list-style-type: none">• Hospital, unfamiliar territory to the woman.• Bureaucratic, hierarchical system of care.
Philosophy and Practice	
<ul style="list-style-type: none">• See birth as a holistic process.• Shared decision-making between caregivers and birthing woman.• No class distinction between birthing women and caregivers.• Equal relationship.• Information shared with an attitude of personal caring.• Longer, more in-depth prenatal visits.• Often strong emotional support.• Familiar language and imagery used.• Awareness of spiritual significance of birth.• Believes in integrity of birth, uses technology if appropriate and proven.	<ul style="list-style-type: none">• Trained to focus on the medical aspects of birth.• "Professional" care that is authoritarian.• Often a class distinction between obstetrician and patients.• Dominant-subordinate relationship.• Information about health, disease and degree of risk not shared with the patient adequately.• Brief, depersonalized care.• Little emotional support.• Use of medical language.• Spiritual aspects of birth are ignored or treated as embarrassing.• Values technology, often without proof that it improves birth outcome.

RESEARCHING HOSPITALS

Ask around for others experiences

You can ask your friends and others in your area about their experiences at certain hospitals but be careful to find out what kind of birth these women planned for and what were their exact experiences.

For example they could tell you a hospital was great but you find out they were a high risk pregnancy and a planned C-section, which may not match the low risk, natural, physiological birth you are preparing and hoping for.

Do the Hospital Tours

A lot of hospital do actual tours or have an online video tour that you can watch.

- Have a look at their rooms and facilities. Do they look welcoming and homelike?
- Do they encourage rooming in with baby?
- Do they have water birth facilities?
- Do they answer your questions?
- Do they talk about natural physiological birth or do they just tell you what will happen to you when you arrive at the hospital? What is the normal 'route' that they promote/lead you down?
- Do you feel like they believe women can birth without medical interference?
- Ask to see their Birth Plans

These can tell you a lot about their normal policies and procedures and the options that they give women.

RESEARCHING HOSPITALS

Do their Antenatal Course

These can be super useful to find out more about the hospitals views on birth and gives you an excellent opportunity to ask all the questions about their normal procedures and policies. Do not however expect these classes to prepare you fully for birth. They are best used for getting more familiar with the landscape in which you will be birthing your baby.

You want to choose the hospital that makes you feel safe, respected and does everything they can to support the natural, physiological birth process and only intervenes when absolutely necessary.

Here are some questions to ask about the hospital:

- What happens when I arrive at the hospital
- What procedures will you want to do when I arrive. What if I don't want to have them?
- How often do you do vaginal exams/fetal monitoring
- What facilities do you have for using water in labour/birth balls/stools/mats? How can I make the room dim?
- What positions does the bed support?
- What are your policies on:
Eating and drinking/moving around/skin to skin/different positions/masks/partners/doulas/delayed cord clamping/the pushing stage/episiotomies/bathing baby
- In what circumstances would you want to: Break my waters/use synthetic oxytocin/administer injection for the placenta/take baby away/suction the baby
- What comfort tools and pain relief options do you offer?

Click [HERE](#) for more Questions for Hospital Tours

RESEARCHING OB/GYNS

Shop Around

It's also strongly recommended to shop around for an Ob/GYN to find out if their birthing style matches your own and what their 'normal' path of practice looks like.

You are trying to determine what their 'default' route is and how wide their scope of practice is. How patient are they? How flexible are they?

What kind of births do they normally prefer to attend?

They too have preferences and ways in which they work can differ greatly from one Dr to the next.

Some Drs for example only deal with high risk pregnancies and do a lot of C- Sections which may not be a good match for your low risk pregnancy and wish to have a physiological birth.

The best relationship between you and your chosen Ob/GYN should be based on mutual respect and be an adult-adult relationship where you can ask questions and they give you the time to answer them fully.

If they are offended by your questions then they may not be the right fit for you. Remember you are not questioning their expertise, you are just trying to find the right fit for your style of birthing.

You should also feel safe, supported and respected by your Dr. If they are dismissive, aloof, judgmental, patronizing or you feel more anxious after meeting them these are all great signs that they are not the right fit for you...unless you like to be treated this way of course.

RESEARCHING OB/GYNS

If you want a natural physiological birth you should express your desire for one, with the caveat that you will of course be open and flexible to interventions and procedures if truly needed for the safety and health of you and your baby.

But in the absence of a medical necessity you would like to avoid unnecessary routine procedures and let birth take it's natural course with the least amount of interventions, drugs, interferences and disturbances.

Ideally you are looking for a Ob/GYN who believes in women's bodies ability to birth their babies naturally AND does their best to provide a supportive and undisturbed environment to do this in AND who has a 'life guard' approach to birth.

Here are some Questions for OB|GYNs

Ask them about their normal practice with questions like:

- How often do you support women with an un-medicated, physiological birth?
- What is your interpretation of 'natural' birth
- Can you tell me what happens when I arrive at the hospital in labour?
- What happens next? How do you make decisions about my care?
- What routine procedures do you typically follow?
- What if you are not there – who makes the decisions about my care?
- When do you arrive, what will happen then?

RESEARCHING OB/GYNS

Questions for OB | GYNs Cont....

- What happens if I go over my due date? How long are you comfortable going over that date (as long as me and baby are healthy and safe)
- For what reasons might you offer me an induction?
- I be on a timeline of expected progress during labour?
- What do you routinely do to avoid tears and unnecessary episiotomies?
- What positions do you encourage and how do you typically manage stage 2 of labour. Do you follow a one step or 2 step second stage?
- What are your thoughts on third stage management?
- How do you feel about:
 - Eating and drinking during labour
 - Moving around & using different positions
 - Having a doula
 - Delayed cord clamping
 - Minimal vaginal exams
 - Continual or Intermittent Monitoring

Click [HERE](#) for more Questions for OB | GYNs

WHAT TO DO NEXT

I hope that you found this guide useful in choosing the right hospital and OB | GYN for you.

If you are in Dubai and want to know which Drs are aligned with a more natural, physiological birth please send me an email or whats app me and I can help you further.

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I love to help women have positive births so if you want to find out more about how I can help you make this happen then [BOOK A DISCOVERY CALL](#) with me to find out more....

It's totally cost and pressure free...just an opportunity to find out more.

I cant wait to share more with you and look forward to hearing from you!

Much Love

Jasmine Collin

