

Talking to Your Provider: Questions to Ask During Prenatal Visits

EMPOWER YOUR VOICE. PROTECT YOUR HEALTH.

You deserve respectful, quality care throughout your pregnancy. Asking questions during prenatal visits helps you understand what's happening with your body, make informed decisions, and advocate for yourself and your baby.

◆◆ WHY IT MATTERS

Black women and birthing people are more likely to experience complications during pregnancy—not because of biology, but because of systemic bias and unequal care. Feeling heard and respected by your provider is not a luxury. It's your right.

? QUESTIONS TO ASK AT YOUR APPOINTMENTS

Use this list as a guide for each visit. Write down answers or bring someone with you to help take notes.

♥ About Your Pregnancy

- How is my baby growing?
- Is everything looking healthy so far?
- Are there any signs of complications I should be aware of?

♥ About Tests and Procedures

- What tests are being done today? Why?
- What do the results mean for me and my baby?
- Do I have options or can I decline a test?



♥ About Your Body and Symptoms

- I've noticed _____. Is that normal?
- What can I do about fatigue, swelling, pain, or stress?
- When should I go to the hospital or call you?

♥ About Labor and Delivery

- Who will deliver my baby?
- What are my options for pain relief?
- What is your C-section rate?
- Can I create a birth plan and will it be followed?

♥ About Respectful Care

- How will you support my preferences and concerns?
- How do you address racial bias in your care?
- Can I bring a doula or support person?



TIPS FOR YOUR VISIT

✓ Prepare ahead:

Write your top 3 questions before the appointment.

✓ Bring support:

A trusted friend or partner can help ask questions or speak up.

✓ Take notes:

Use your phone or a notebook to track answers.

✓ Speak up:

You have the right to ask for clarification or a second opinion.



REMEMBER:

Your voice matters. Your story matters. You are not “difficult” for asking questions—you are protecting your life and your baby’s future.



NEED HELP ADVOCATING FOR YOURSELF?

Talk to your BIH Program Coordinator or visit blackinfanthealth.org for support and resources.



Empowering Pregnant and
Mothering Black Women



blackinfanthealth.org