

Prenatal/Postpartum Care Questionnaire

In the course of our months-long investigation into the high number of Texas women dying or experiencing serious complications during and after pregnancy, The Texas Tribune found that prenatal and postpartum care are key for helping expectant mothers have the healthiest pregnancy possible.

To help Texas women know what to ask their doctors when they become pregnant, we compiled the questions below from interviews with women's health experts.

What can I do to optimize my health to reduce the risks of complications during my pregnancy?

What are the warning signs and symptoms that should prompt me to seek care after giving birth? Whom do I call? Where do I go?

If I have a pregnancy complication during or after delivery that the hospital cannot handle, what protocols are in place to help me? Where would you send me?

How will you help me if I develop postpartum depression?

What happens if my baby needs a higher-level neonatal intensive care unit (NICU)?

What can I do to make sure I am as healthy as possible after this pregnancy?

If I choose to become pregnant again, what can I do to ensure my best health?

Is the hospital where I'm going to deliver equipped to handle my care needs?

How will you help me choose the best delivery method for me and my baby?

Is there something my family or friends could do to support me during my pregnancy and after my delivery?

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