

LEGAL Know Your Rights

BEFORE, DURING, AFTER YOUR PREGNANCY...AND BEYOND

YOU HAVE THE RIGHT TO...



OBTAIN AND RECEIVE QUALITY HEALTH CARE

before you get pregnant, during your pregnancy and 12 months after you give birth.



DIGNIFIED AND RESPECTFUL PRENATAL CARE AND TREATMENT

that maintains your privacy, is free from harm, and values your cultural preferences.



HAVE A BIRTH PLAN

including to have a doula or a person of your choice to support you, and to say NO to interventions.



SHARED DECISION-MAKING

by asking your provider questions and feeling like your concerns are being heard and addressed.



INFORMED CONSENT

including knowing what your urine and blood are being tested for and why recommendations are being made for procedures and/or medications.



HAVE QUESTIONS ANSWERED IN YOUR PREFERRED LANGUAGE

with quality interpretation as needed.



OBTAIN RESOURCES AND SOCIAL SUPPORTS

that are available in your community, including access to information and counseling if you experience depression or loss.



How To Make My Voice Heard

Questions to Ask My Doctor

Before, during, after pregnancy...AND BEYOND

Can you explain that to me in another way?

Is there a reason for me to be concerned?

What other options do I have?

Is this a decision that needs to be made immediately?

Can I have a minute to think about this?

Is that necessary? Can you show me why?

*Here is where I can ask for a second opinion

Note to myself:

Write down questions I have before my appointment.

It's a good idea to bring someone I trust—like a family member or friend—to my appointments. They can help me remember what the doctor says and ask questions I might forget. Having someone with me can make me feel more comfortable and help me understand everything better.

