

# Your Responsibilities in Midwifery Care

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## **Understanding how to be an active and safe partner in your care**

### **Why This Matters**

Midwifery care works best when you and your midwife work together as a team. There are some important responsibilities that help keep you and your baby safe and help your care go smoothly.

### **Your Responsibilities**

Here are some things you are responsible for during your care:

- Come to all your scheduled prenatal visits, or let us know if you need to reschedule
- Share your full health history and any symptoms or concerns you have
- Ask questions when you don't understand something
- Follow the care plan you and your midwife agree on, or let us know if you choose something different
- Take any recommended tests or lab work unless you decline, and tell us if you do
- Call your midwife right away if you have signs of a problem (such as bleeding, fever, or signs of labor)
- Make sure we can reach you with important updates or results

### **In Labor and After Birth**

You also have some responsibilities during labor and after your baby is born:

- Let your midwife know when labor begins or if your water breaks
- Call your midwife right away if you notice anything unusual with you or your baby
- Follow any special instructions your midwife gives during labor or postpartum care
- Keep all newborn follow-up visits and tests, or talk to us if you have questions or concerns

### **Working Together**

We respect your right to make choices about your body and your care. At the same time, we ask you to be open and honest with us. Good communication and follow-through help us provide the safest and best care possible.

### **Questions?**

If anything in this handout is unclear or if you have questions about your role in care, please ask us. We're here to support you.

## Midwife's Practice Name, Logo, Contact Info

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