



QUESTIONS TO ASK AT YOUR Twin OB Appointments



DELIVERY QUESTIONS



BE PREPARED. GET ANSWERS. ADVOCATE FOR YOU & YOUR BABIES. ♥



APPOINTMENT DATE:



WEEKS PREGNANT:



APPOINTMENT NOTES:



USE THIS SPACE TO WRITE DOWN YOUR DOCTOR'S ANSWERS, NOTES, AND IMPORTANT INFORMATION.



1



Will I deliver
in an operating
room?

2



How many
people can be
with me?

3



Will a NICU team
be present at
delivery?

4



What happens
if one baby
needs extra
support?

5



Can I have
immediate
skin-to-skin
with both babies?

6



Can I breastfeed
in the recovery
room?

7



What should I
include in my
birth preferences?

8



What is the
expected length
of my hospital
stay?

9



Will I be able to
have an IV
heplock?

10



What kind of
pain relief
options will
be available?

11



Do you support
delayed cord
clamping? If so,
for how long?



OTHER QUESTIONS I HAVE:



TWIN MOM CLUB TIP

There are no silly questions!
The more informed you are,
the more confident you will feel
on your delivery day.



You're doing amazing. Mama. ♥



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