

Know Your Rights

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

YOU HAVE THE RIGHT TO:

INFORMED CONSENT

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

OBTAIN AND RECEIVE QUALITY HEALTH CARE

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

HAVE A BIRTH PLAN

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

SHARED DECISION-MAKING

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

DIGNIFIED AND RESPECTFUL PRENATAL CARE AND TREATMENT

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

HAVE QUESTIONS ANSWERED IN YOUR PREFERRED LANGUAGE

with quality interpretation as needed

OBTAIN RESOURCES AND SOCIAL SUPPORT

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