Know Your LEGAL 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.



Healthy Start
Broward Healthy Start Coalition

For more information, visit: www.browardhsc.org

How To Make My Voice Heard

Questions to Ask My Doctor

Before, during, after pregnancy...AND BEYOND

Can you explain that in another way?

Is this something I should be worried about?

What other options do I have?

Do I need to decide right now?

Can I have a moment to think about it?

Do I really need this? Can you explain why?

Helpful Tips:

Write down my questions before my doctor visit.
Bring a family member or friend with me. They can help me remember what was said and help me feel more comfortable.
It's ok to ask for a second opinion.



Adapted from Sista Midwife Productions

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