



# Your rights during and after pregnancy

## Your agreement is always needed!

Your agreement is called consent. It is required for any treatment.

You have the right to accept, postpone or refuse any treatment. You can also change your mind at any time.



### Your consent must be:

**FREE:** No one can pressure you to accept or refuse care.

**CLEAR:** You must receive clear and complete information to make the right decisions for you or your baby.

## Information is a right

To help you make the right decisions, you must be informed about:

- The reasons and the course of the treatment, and the alternatives.
- The advantages and disadvantages of the treatment or medication proposed for you or your baby.

You also have the right to consult all your and your baby's medical records.

## YOUR RIGHTS

### During your pregnancy

- Receive satisfactory information about your pregnancy and delivery.
- Choose between a doctor, midwife or nurse to monitor your pregnancy, depending on the availability of services.
- Change your care providers at any time during your pregnancy.
- Receive information about the different types of birthing facilities (hospital, birthing center, home).
- Be accompanied by a person of your choice during your appointments.
- Get information about the possibility of having a vaginal birth (VBAC) if you've had a C-section.
- Ask for a second professional opinion about an issue that concerns you.

### During labor and delivery

- Experience labor and your childbirth at your own pace, without interventions you don't want. \*
- Be accompanied by the person of your choice.
- Refuse to be examined by students.
- Eat and drink. \*
- Push and give birth in the position of your choice. \*
- Limit the number of people present at your childbirth.

### If you are told you must have a C-section

- Understand the reasons for a C-section and the alternatives.
- Learn about the different types of anesthesia and choose the one that's right for you.
- Have a person of your choice with you during the C-section.

### After birth

- Have skin-to-skin contact with your baby as soon as the birth and for as long as you want (if the baby's health allows it).
- Live with your baby all the time, regardless of the number of people in the room.
- Have breastfeeding support.
- Breastfeed your baby on demand and refuse to allow supplements (water, commercial infant formula).
- Breastfeed wherever it is convenient for you, including public places.
- Choose to leave the health care facility, even if your discharge order has not been signed by a professional. \*
- Be with your baby if he is hospitalized.

*\* Provided you understand and accept the risks if there are any.*