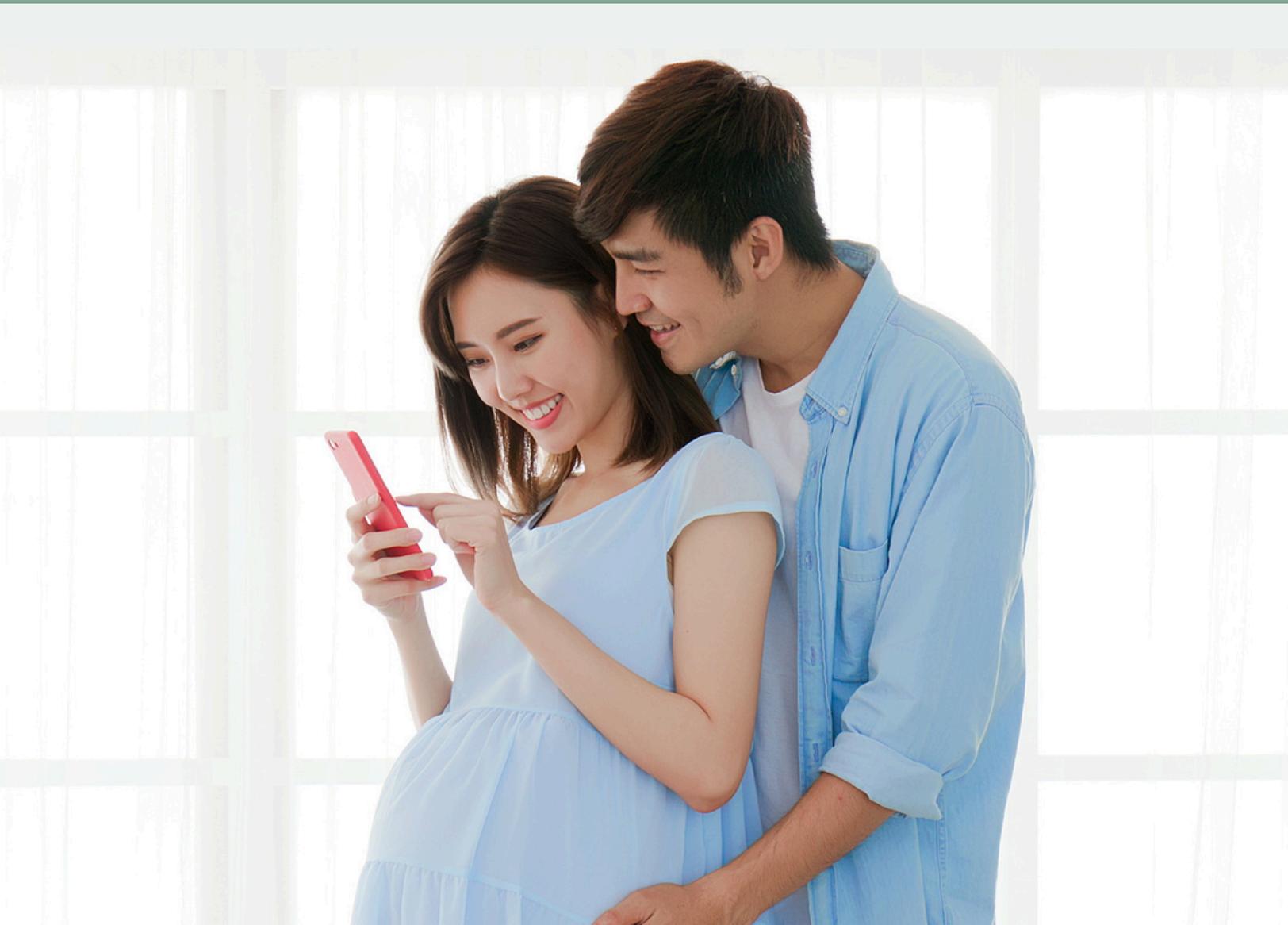




# YOU DESERVE BETTER PRENATAL CONVERSATIONS: A PATIENT ADVOCACY GUIDE

A gentle, practical guide to speaking up and being heard throughout your pregnancy journey.

By Dr. Alecia Fields, OB-GYN & Doula, Founder of MyDoulaDoc





DoulaDoc

# WELCOME

Pregnancy should be a time of tenderness, trust, and teamwork. Yet, too often, prenatal visits leave patients feeling unheard or unsure.

You deserve more than rushed answers and brief conversations. You deserve to be seen, informed, and included in a step of your prenatal care.

This guide was created to give you the words, tools, and confidence you need to advocate for yourself with ease — without conflict or confusion.





DoulaDoc

# About Dr. Alecia Fields

— Hi, I'm Dr. Alecia Fields — a board-certified OB-GYN, trained doula, and advocate for compassionate, informed, and patient-centered care.

After years in traditional medical practice, I saw how often patients felt unheard or unintentionally left out of their own care. That's why I created DoulaDoc — to merge medical expertise with the emotional support of doula care and help every pregnant person feel empowered, informed, and respected.

This guide is my way of helping you begin that conversation — one appointment, one question, one empowered moment at a time.

**Alecia Fields**

*Founder of DoulaDoc*

# Understanding Advocacy in Prenatal Care

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Being your own advocate doesn't mean doubting your doctor — it means joining the care team as an active participant.

Advocacy is about clarity, consent, and confidence. It means asking when you don't understand, and speaking up when something doesn't feel right.

When these conversations are open and grounded in mutual respect, care becomes safer, more human, and more satisfying for everyone involved.

## The C.A.R.E. Framework

A quick, four-step way to bring structure to any conversation:

C — Clarify: Ask what the recommendation means and why it matters.

A — Ask: Explore benefits, risks, and alternatives.

R — Reflect: Take a moment to decide if it aligns with your values or needs.

E — Express: Share your concerns and preferences clearly.

These steps can turn overwhelming medical language into a collaborative, relaxed dialogue — one where you stay in control of your choices.

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## Questions to Ask Along the Way

Try using these prompts before, during, and after your appointments to set the tone for meaningful communication.

Before your visit

- What do I most want to understand today?
- What symptoms, feelings, or experiences have stood out recently?
- What follow-up questions have I been holding onto?

During your visit

- What is this test, and what can it tell me?
- Are there other options or approaches to consider?
- How urgent is this decision? Do I have to decide right now? What happens if I wait?

After your visit

- Did I feel heard and respected?
- What do I need clarified before next time?

There's no wrong question. Each one helps keep your care patient-centered.



# Understanding Advocacy in Prenatal Care

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## If You Feel Dismissed or Rushed

Even the most resilient patients can feel small in clinical spaces. In those moments, take a breath and remember your voice matters.

Try saying:

- “I’d like to pause — I’m not ready to decide yet.”
- “Can you explain that again in simpler terms?”
- “Please document my concern so we can follow-up on it.”

Confidence doesn’t require confrontation — it’s about calm, consistent self-respect.

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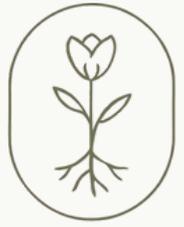
## Reflection: Not Every Conversation Has to Be Perfect

Some days, advocacy looks like clear, confident communication. Other days, it’s simply showing up and doing your best. Both are valuable.

Every step you take to bring yourself into the conversation changes the culture of care — for you and for others who come after.



# Continue Your Empowered Care Journey!



You've just laid the foundation for more confident, compassionate prenatal care. But real advocacy grows with practice and community.

That's why I created DoulaDoc and the Pregnancy Companion – a space where medical understanding meets emotional support. Through guided reflections, evidence-based education, and a compassionate community, you'll learn how to maintain partnership, trust, and clarity through every trimester.

You don't just deserve better conversations.

You deserve *better care – with you at the center of it.* throughout your pregnancy journey.

by Dr. Alecia Fields, OB-GYN & Doula, Founder of MyDoulaDoc

*With warmth and advocacy,  
Dr. Alecia Fields*

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Join us at [mydouladoc.com](http://mydouladoc.com) or follow us on Instagram @mydouladoc to continue your journey toward empowered, informed prenatal care. We also have a Facebook Group where I regularly share free resources!



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