

Pregnancy and Birth Abroad Decision Pathway

If you are pregnant and not living in your home country, consider the questions in each of these categories when making the decision that is best for you. Do not feel pressure from others to make a decision that makes you uncomfortable.

Cost and Logistics

- What is the cost of giving birth in your country?
- Cost of giving birth in your passport country?
- If giving birth outside your passport country, how will you make the payment?
- Have you notified your insurance specialist about the pregnancy? The child must be registered for insurance to be activated.
- If you decide to return to the US, generally, you cannot fly after 34 weeks. (Check with your preferred airline to verify.)
- If returning to the US, **request a travel minute** from your AD/RD.
- What is the process of obtaining a passport, a legal birth certificate, and citizenship in a country other than your passport country?
- Have you completed the **caregiver authorization form** for your children and/or the new baby?

Medical Care

- What medical facilities are available in your country?
- Do you have a trusted medical provider?
- Is there prenatal care before birth and well-child visits after birth?
- If emergency care is needed, how equipped is the medical system to respond to both mom and baby?
 - a. Neonatal Intensive Care?
 - b. OB/GYN and anesthesia for C-section?
 - c. Pediatrician?
 - d. Testing abilities (Blood work, CT, MRI, Ultrasound)
- How caring are the doctors and nurses?
- Are there lactation consultants?
- What number pregnancy is this?
- How did the other pregnancies go?
- Previous C-sections or reactions to anesthesia?
- Preference of a doctor, midwife or doula for birth?
- Baby vaccine schedule and well visits?

Support

- Is there care for mom and other children during pregnancy?
- Is there family that will come to help during the pregnancy? If so, when?
- Are there friends who can help during and after the pregnancy?
- Do you have trusted friends to ask questions to?
- If this is not the first baby, who will help with other children during and after the delivery?
- What are other mom's thoughts and experiences on giving birth on the field or in the US?

Culture

- What is your proficiency level in the local language?
- Are there cultural norms surrounding health care or birth that you are uneasy about or create dissonance?
- Are there cultural practices with the birth that could put you or the baby in danger?
- Are there cultural norms after the birth that make it easier or harder?
- What does the local culture think about nonlocals giving birth in their country?