

# InTouch Health Pregnancy Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Previous Birth Experience(s)

Is this your first pregnancy? Yes No

If not, please tell us about you previous pregnancy and/or birth experience(s). (*Duration, interventions, etc.*)

Do you plan to follow a similar plan to your previous delivery? Yes No

Please, explain:

## Conception & Early Pregnancy

When is your expected/estimated due date?

Did you have any difficulty conceiving? Yes No

If yes, please explain:

Have you ever used any form of hormone or oral contraceptive? Yes No

If yes, which ones and for how long?

When was your last menstrual cycle?

What was your pre-pregnancy weight? \_\_\_\_\_ Current Weight: \_\_\_\_\_

Have you experienced morning sickness? Yes No

If yes, please explain:

## Current Health Status

What types of exercise(s) and/or stretches are you performing?

What is your current diet like? Any restrictions?

Have you taken any medications or supplements during pregnancy? Yes No

If yes, please explain:

Have you experienced any slips, falls, or other traumas during this pregnancy? Yes No

If yes, please explain:

Any major emotional stressors during your pregnancy? Yes No

If yes, please explain:

## Your Birth Plan

Your top three goals for your pregnancy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you currently have a birth plan?    Yes    No

If yes, please explain:

Are you taking any prenatal or birthing classes?    Yes    No

If yes, please explain:

Who is your OB/GYN or Midwife?

Will they be present for delivery?    Yes    No

Who is your birth provider?

Do you intend to have a doula or birth coach present?    Yes    No

Please explain:

Do you plan to have a vaginal delivery?    Yes    No

If no, what concerns do you have?

## Post-Birth Plan

Do you plan on breastfeeding your child?    Yes    No

Please explain:

What do you intend to do about vaccinations?

Anything else you would like to tell us about your pregnancy or birth plans?

What would you like to gain from chiropractic care during your pregnancy?

Do you have any questions you would like to be sure are asked/answered today?