



PREGNANCY QUESTIONNAIRE

Patient Name: _____ Date: _____

PREVIOUS BIRTH EXPERIENCE

Is this your first pregnancy? ____ Yes ____ No
- If not, please tell us about your previous pregnancy and/or birth experience(s): (Duration, interventions, etc.)

Do you plan to follow the same plan as your previous delivery? ____ Yes ____ No
- If no, what would you like to change?

CONCEPTION & EARLY PREGNANCY

When is your expected or calculated due date?

Did you have any difficulty conceiving? ____ Yes ____ No
- If yes, please explain:

Have you ever used any form of hormonal or oral contraceptives? ____ 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 CONDITIONS

What type of exercise(s) are you currently performing?

Please tell us about your current diet, and any dietary restrictions:

Have you taken any medication or supplements during your pregnancy? ____ Yes ____ No
-If yes, please explain:

Have you had any slips, falls, or other physical traumas during the pregnancy? ____ Yes ____ No
- If yes, please explain:

BIRTHPLAN

Your top three goals for this pregnancy:

1. _____

2. _____

3. _____

Do you currently have a birth plan? Yes No

-If yes, please explain:

Are you taking any pre-natal or birthing classes? Yes No

- If yes, please explain:

Who is your OB/GYN or midwife?

Who is your birth provider?

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

-If yes, please explain:

Do you wish to have a natural vaginal labor and delivery? Yes No

-If not, what concerns do you have?

YOUR POST-BIRTH PLAN

Do you plan on breastfeeding your child? Yes No

What do you intend to do for vaccines?

Is there anything else you'd like to tell us about your pregnancy or birth plan?

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

Are there any burning questions you want to be sure to ask today?