

Pregnancy Questionnaire



Big Beautiful Life
Chiropractic & Wellness

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 you 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:

CONCEPTION & EARLY PREGNANCY

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

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

Have you taken any medications or supplements during you 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:

Have you had any major emotional stressors during your pregnancy? Yes No

If yes, please explain:

YOUR BIRTH PLAN

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?

Will they be present for delivery? Yes No

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 yes, please explain:

YOUR POST-BIRTH PLAN

Do you plan on breastfeeding your child?

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?