

# 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?