

# 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):

Do you plan to follow the same plan as your previous delivery?  Yes  No

– If not, what would you like to change?

## Conception & Early Pregnancy

When is your expected 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 medications 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:

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

– If yes, please explain:

## Your Birth Plan

What are 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 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

– 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

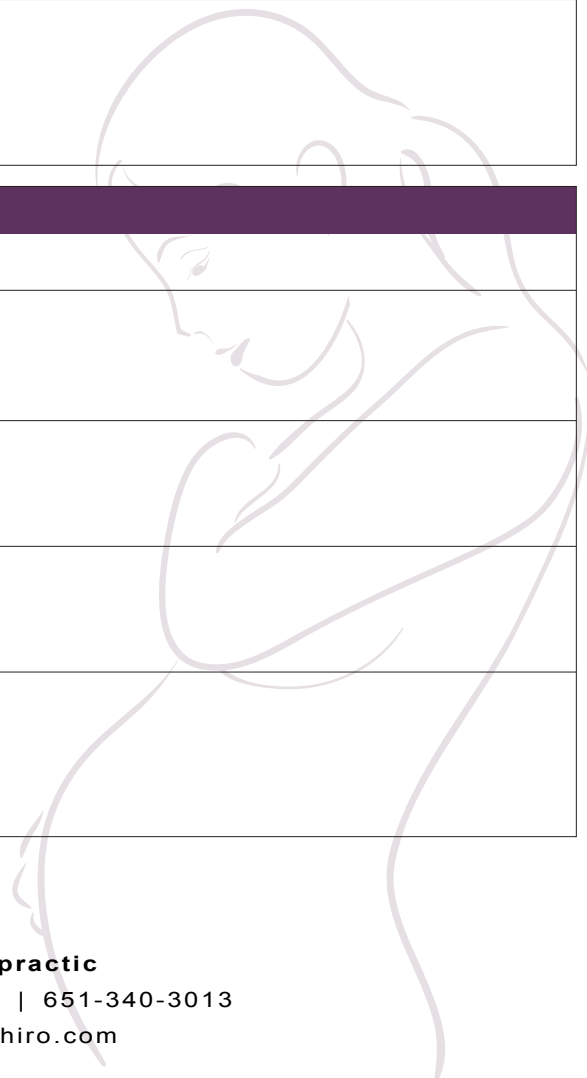
Do you plan on breastfeeding your child?  Yes  No

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?



**Dr. Zgia Kjonaas | Olive Me Chiropractic**  
1468 County Road E E, Vadnais Heights, MN | 651-340-3013  
omcinfo@yahoo.com | www.olivemechiro.com