Your background & questions

Comprehensive consultation worksheet / Background

Optional preparation. Complete only what you wish, or skip entirely.

Bring your notes to your session. This worksheet is not submitted online.

Name _____

Date of Birth _____

Due Date _____

How many times have you been pregnant? _____

How many times have you given birth? _____

Have you ever given birth by c-section? _____

If yes, how many c-sections have you had? _____

Do you have a history of any past medical problems such as high blood pressure?

If yes to the above question, what medical problems have you been diagnosed with?

What matters to you

Comprehensive consultation worksheet / Your current pregnancy

Optional preparation. Complete only what you wish, or skip entirely.

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Have you been diagnosed with a medical problem that is affecting this pregnancy?

If yes to the above question, what medical problem are you experiencing that is affecting this pregnancy?

What are you seeking for this upcoming birth? For example, avoiding induction of labor.

What have you already done, or are thinking about doing, to try to ensure you get the care you are seeking?

If you have researched this issue, what have you learned about it?