

Birth Information Questionnaire

➔ **INSTRUCTIONS: THIS SIDE ONLY -- THE PARTNER MUST UNDERLINE THE APPROPRIATE RESPONSE AND THEN THE MOTHER MUST (CIRCLE) HER RESPONSE.**

How much would each of the following UPSET you? We will discuss all of these in-depth at our first meeting.

Stripping your membranes without your permission	not at all	a little	I don't know	a lot	extremely
Induced labor	not at all	a little	I don't know	a lot	extremely
Pitocin augmentation	not at all	a little	I don't know	a lot	extremely
Artificial rupture of membranes	not at all	a little	I don't know	a lot	extremely
Wearing a hospital gown	not at all	a little	I don't know	a lot	extremely
Routine IV during labor and birth	not at all	a little	I don't know	a lot	extremely
Not being allowed to eat and/or drink during labor	not at all	a little	I don't know	a lot	extremely
Epidural	not at all	a little	I don't know	a lot	extremely
Narcotic pain relief	not at all	a little	I don't know	a lot	extremely
Continuous external fetal monitoring	not at all	a little	I don't know	a lot	extremely
Urinary catheter	not at all	a little	I don't know	a lot	extremely
Internal fetal scalp monitoring	not at all	a little	I don't know	a lot	extremely
Internal contraction monitoring	not at all	a little	I don't know	a lot	extremely
Breath holding (purple) pushing	not at all	a little	I don't know	a lot	extremely
Pushing in the supine position (on your back)	not at all	a little	I don't know	a lot	extremely
Nurses counting (cheerleading) during pushing	not at all	a little	I don't know	a lot	extremely
Episiotomy	not at all	a little	I don't know	a lot	extremely
Perineal tear (<i>this is not a procedure</i>)	not at all	a little	I don't know	a lot	extremely
Vacuum extractor or forceps delivery	not at all	a little	I don't know	a lot	extremely
Surgical birth (Cesarean)	not at all	a little	I don't know	a lot	extremely
Surgical birth (Cesarean) WITHOUT your doula	not at all	a little	I don't know	a lot	extremely
Early cord clamping (before cord stops pulsating)	not at all	a little	I don't know	a lot	extremely
Routine Pitocin after the birth	not at all	a little	I don't know	a lot	extremely
Routine Deep Suctioning of baby's airways	not at all	a little	I don't know	a lot	extremely
Erythromycin in baby's eyes	not at all	a little	I don't know	a lot	extremely
Vitamin K injection	not at all	a little	I don't know	a lot	extremely
Healthy baby going to nursery	not at all	a little	I don't know	a lot	extremely

===== END OF PARTNER SECTION =====

(Mother's section continued on back)

Although it's impossible to know in advance what you will need from your doula during labor, please tell me how you think I will be able to help you most. You can always change your mind during labor.

Help with breathing and relaxation	don't need	need a little	need a lot	need most
Massage/soothing touch	don't need	need a little	need a lot	need most
Ideas for comfort and progress	don't need	need a little	need a lot	need most
Help communicating with medical staff	don't need	need a little	need a lot	need most
Support for your goals	don't need	need a little	need a lot	need most
Remind you of your birth plan	don't need	need a little	need a lot	need most
Help communicating with your family	don't need	need a little	need a lot	need most
Take birth pictures (photos of the baby emerging)	don't need / may need / want			
Videotape the birth (video of the baby emerging)	don't need / may need / want			
Other: _____	don't need	need a little	need a lot	need most

Which of the following, if any, have you found to be useful for relaxation in your day to day life:

Aromatherapy	doesn't help	helps a little	helps a lot	helps most
Meditation	doesn't help	helps a little	helps a lot	helps most
Visualization	doesn't help	helps a little	helps a lot	helps most
Yoga	doesn't help	helps a little	helps a lot	helps most
Prayer	doesn't help	helps a little	helps a lot	helps most
Massage	doesn't help	helps a little	helps a lot	helps most
Music	doesn't help	helps a little	helps a lot	helps most
Exercise	doesn't help	helps a little	helps a lot	helps most
Bath, shower or hot tub	doesn't help	helps a little	helps a lot	helps most

Is there anything else you would like to add? _____

