

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 a choice)	not at all	a little	I don't know	a lot	extremely
Internal contraction monitoring (not a choice)	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 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 me 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 or 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
Water: bath, shower or hot tub	doesn't help	helps a little	helps a lot	helps most
_____	doesn't help	helps a little	helps a lot	helps most

What elements of the birth experience are most important to you?

Feeling in control of my labor	least important	not sure	most important
Feeling clear-headed and alert during labor	least important	not sure	most important
Having my partner be actively involved	least important	not sure	most important
Labor starting naturally	least important	not sure	most important
Avoiding medical interventions	least important	not sure	most important
Availability of medical intervention, if needed	least important	not sure	most important
Feeling minimal pain	least important	not sure	most important
Being active and mobile	least important	not sure	most important
Bonding with my baby immediately after birth	least important	not sure	most important
Seeing or touching my baby's head as it crowns	least important	not sure	most important
Letting my instincts guide me	least important	not sure	most important
_____	least important	not sure	most important