

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 or sweeping your membranes.	not at all	a little	don't know/not sure	a lot	extremely
Induced labor.	not at all	a little	don't know/not sure	a lot	extremely
Pitocin augmentation.	not at all	a little	don't know/not sure	a lot	extremely
Artificial rupture of membranes.	not at all	a little	don't know/not sure	a lot	extremely
Wearing a hospital gown.	not at all	a little	don't know/not sure	a lot	extremely
Routine IV during labor and birth.	not at all	a little	don't know/not sure	a lot	extremely
Not being allowed to eat and/or drink during labor.	not at all	a little	don't know/not sure	a lot	extremely
Narcotic pain relief.	not at all	a little	don't know/not sure	a lot	extremely
Epidural.	not at all	a little	don't know/not sure	a lot	extremely
Urinary catheter.	not at all	a little	don't know/not sure	a lot	extremely
Continuous external fetal monitoring.	not at all	a little	don't know/not sure	a lot	extremely
Internal contraction monitoring (not a choice).	not at all	a little	don't know/not sure	a lot	extremely
Internal fetal scalp monitoring (not a choice).	not at all	a little	don't know/not sure	a lot	extremely
Breath holding (purple) pushing.	not at all	a little	don't know/not sure	a lot	extremely
Pushing in the supine position (on your back).	not at all	a little	don't know/not sure	a lot	extremely
Perineal stretching (hands in vs. hands off).	not at all	a little	don't know/not sure	a lot	extremely
Episiotomy.	not at all	a little	don't know/not sure	a lot	extremely
Perineal tear (<i>this is not a procedure</i>).	not at all	a little	don't know/not sure	a lot	extremely
Vacuum extractor or forceps delivery.	not at all	a little	don't know/not sure	a lot	extremely
Surgical birth (Cesarean) WITHOUT your doula.	not at all	a little	don't know/not sure	a lot	extremely
Early cord clamping (before cord stops pulsating).	not at all	a little	don't know/not sure	a lot	extremely
Deep suctioning of baby's airways.	not at all	a little	don't know/not sure	a lot	extremely
Erythromycin in baby's eyes.	not at all	a little	don't know/not sure	a lot	extremely
Vitamin K injection.	not at all	a little	don't know/not sure	a lot	extremely
Placenta being injected with Formalin.	not at all	a little	don't know/not sure	a lot	extremely

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

(MOTHER ONLY 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 / not sure / definitely want
 Videotape the **birth** (video of the baby emerging). don't need / not sure / definitely 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
 Other: _____ 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
 Other: _____ least important not sure most important



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