

## 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	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
Narcotic pain relief. ....	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
Urinary catheter. ....	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
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
Perineal stretching (hands in vs. hands off). ....	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) 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
Cord traction.....	not at all	a little	I don't know	a lot	extremely
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
Placenta being sent to pathology. ....	not at all	a little	I don't know	a lot	extremely
Baby being bathed. ....	not at all	a little	I don't know	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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