**C section Questionnaire**

**THEN**

**Context**

Expectations leading into birth
Why it became a C section
Gestational age
Pregnancy health prior

Options offered

Ease of conception
Maternal gyne history
Fill out Arvigo form (we have our own GW one coming)
Coccyx/sacral accidents

**What happened?**

Inkling of trouble?

Events . . .

Mum
Baby

Bonding
Breastfeeding
Healing

Health after

Family life (esp dad recovery)

**AFTERWARDS**

**A YEAR ON**

**NEXT PREGNANCY**

**NOW**

Please write whatever you wish

Include –

1 - Informed consent – what was I told about after?
2 - What I wish I had known then

3 – What helped

How many C sections?
Do one for each please ..

VBAC

What is stopping you?
Include
Supplements on
Care (not watchful waiting/freaking out sessions with medical ‘do-gooders ‘- actual help)

Circulation – issues with scar
Sensations above and below out?
Toes /feet hot at night?
Coccyx breaks/incidents/accidents?

Sacral breaks? (Can only feel)
Sacral puffiness? Small veins?
Current pain – P.S. – neck, back?
Carpal tunnel and other circulatory issues?
Fluid
Breathlessness?
Sleeping issues?
Up to loo how many times?
What ‘experts’ say?
Bub lying on which side?