|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Reason for surgery** |  |  |  |  |  |
| Age at surgery |  |  |  |  |  |
| How many C sections |  |  |  |  |  |
| Vit D levels? |  |  |  |  |  |
| Nutritional status? |  |  |  |  |  |
| (past eating disorders) |  |  |  |  |  |
| Hyperemesis |  |  |  |  |  |
|  |  |  |  |  |  |
| Age of 1st period |  |  |  |  |  |
| Past sexual abuse |  |  |  |  |  |
| Past surgeries |  |  |  |  |  |
| Past # coccyx |  |  |  |  |  |
| Past # sacrum |  |  |  |  |  |
|  |  |  |  |  |  |
| Adhesions? |  |  |  |  |  |
| Belly scars |  |  |  |  |  |
| Back pain |  |  |  |  |  |
| Pubic pain |  |  |  |  |  |
|  |  |  |  |  |  |
| Vaginal issues |  |  |  |  |  |
| Fear of birthing |  |  |  |  |  |
| Private hospital |  |  |  |  |  |
| Other |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Past gyne** |  |  |  |  |  |
| Labelled condition? |  |  |  |  |  |
| Endo |  |  |  |  |  |
| PCOS |  |  |  |  |  |
| Fibroids |  |  |  |  |  |
| Over bleeding |  |  |  |  |  |
| UTI’s? |  |  |  |  |  |
| Age this started? |  |  |  |  |  |
| Past pelvic surgery |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Post C section** |  |  |  |  |  |
| Home support |  |  |  |  |  |
| Time to heal? |  |  |  |  |  |
| Wound healing |  |  |  |  |  |
| Infection |  |  |  |  |  |
| Urinary function |  |  |  |  |  |
| Other |  |  |  |  |  |
|  |  |  |  |  |  |
| **Expectations** |  |  |  |  |  |
| Of birth |  |  |  |  |  |
| Of self |  |  |  |  |  |
| Of mothering |  |  |  |  |  |
| Of breastfeeding |  |  |  |  |  |
| Of surgery? |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Mothering** |  |  |  |  |  |
| Lactation |  |  |  |  |  |
| Breasts themselves |  |  |  |  |  |
| Sleeping |  |  |  |  |  |
| Emotional fulfilment |  |  |  |  |  |
|  |  |  |  |  |  |
| **After wards** |  |  |  |  |  |
| Neck problems? |  |  |  |  |  |
| Back/sacral? |  |  |  |  |  |
| Pelvic issues |  |  |  |  |  |
|  |  |  |  |  |  |
| Adenomyosis? |  |  |  |  |  |
| C section defect? |  |  |  |  |  |
| Miscarriages |  |  |  |  |  |
| Trouble conceiving |  |  |  |  |  |
| Placental issues |  |  |  |  |  |
|  |  |  |  |  |  |
| Other |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |