**C section Questionnaire**

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

**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**

Who and how?

What would you wish had happened?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VBAC**

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

Structural assistance

(Opening the baby gate)

**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?
Bub lying on which side?

What ‘experts’ say/labels given?

Sacral ease?
Tailbone issues?
Past falls?
ANY back or body pain?
Gut issues?
Heat and discomforts?
Allergies?

Sleeping or emotional challenges?
Past worries that seem to be impinging?