**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?