



Congratulations on your **pregnancy!** Both Dr. Erin and Dr. Sarah have certifications in pregnancy and pediatric care. You are in good, skilled hands! Please fill out this additional form related to you upcoming delivery.

Name: _____ Date: _____
How many weeks gestation is your baby? _____ Due Date: _____

Lifestyle Habits

Being healthy during pregnancy is important for your and your baby's development. Please answer the following:

How many times a week do you exercise? _____ Why types of exercise are you doing? _____

How many servings of fresh fruits and veggies do you eat daily? _____

How many 8oz glasses of water do you drink daily? _____ What other beverages do you consume? _____

How many hours of sleep do you get each night? <8 hours 8 hours 8+ hours

Are you taking pre-natal vitamins daily? Yes No If not, please explain: _____

Other medications/dosages: _____

Other vitamins/dosages: _____

Pregnancy Health History

Please list the following information for the care providers below:

Ob/Gyn: _____ Phone: _____

Midwife: _____ Phone: _____

Doula: _____ Phone: _____

Do we have permission to contact them and coordinate and communicate about your care? Yes No

What is the reason for your visit? (please circle any that apply)

Wellness Breech Presentation Backache of Pregnancy Headache Trauma Chronic Condition Other: _____

How many pregnancies have you had? _____ Vaginal Delivery: _____ Cesarean Section: _____

Please explain any complications with this or past pregnancies: _____

Have you ever been to a chiropractor before? _____ Doctor's Name: _____

Have you suffered from any of the following? (please circle before or after pregnancy)

Asthma:	Before Pregnancy	After Pregnancy
Backaches:	Before Pregnancy	After Pregnancy
Diabetes:	Before Pregnancy	After Pregnancy
Dizziness:	Before Pregnancy	After Pregnancy
Headaches:	Before Pregnancy	After Pregnancy
High Blood Pressure:	Before Pregnancy	After Pregnancy
Neck Pain:	Before Pregnancy	After Pregnancy
Nervousness:	Before Pregnancy	After Pregnancy
Sinus Trouble:	Before Pregnancy	After Pregnancy
Stomach Trouble:	Before Pregnancy	After Pregnancy
Water Retention:	Before Pregnancy	After Pregnancy

Other: _____

The Power that Made the Body, Heals the Body

Dr. Erin Clifton

Dr. Sarah Prater-Manor