

About you:

What kind of work do you do? _____ How many hours/week? _____

What is the highest level of schooling you have achieved? _____

What is your ethnic background? _____ Do you follow a faith or religion? _____

What was your weight before pregnancy? _____ How tall are you? _____

What was the first day of your last menstrual period? _____ What is your age? _____

About your baby's father and other family supports:

Is the father involved? _____ What is his name? _____ How old is he? _____

What kind of work does he do? _____ What is his ethnic background? _____

Who will be helping you when you go home with your baby? _____

Do you have concerns about being a parent? _____

About your lifestyle: (either fill in the answer or circle Y or N)

Do you exercise regularly? Y or N
If so, what type? _____

Do you use any recreational drugs? Y or N

Do you smoke tobacco? Y or N

Do you have any dietary restrictions? Y or N

Are you exposed to someone else's smoking?
Y or N

Do you have any pets? Y or N
If yes, which ones? _____

Do you use cannabis products? Y or N

Have you had any recent international travel,
or are you planning to travel during the
pregnancy?
If so, where? _____

Since becoming pregnant, have you had
alcohol? Y or N

About your medical history:

Do you take any regular medications? Please list: _____

Do you take any supplements or non-prescription meds? Please list: _____

Do you have any allergies to medications? _____ If so, what type of reaction? _____

Have you had any previous surgeries: Please check

- | | | |
|--|-------------|--|
| Breast surgery <input type="checkbox"/> | type: _____ | Gallbladder surgery <input type="checkbox"/> |
| Uterine surgery <input type="checkbox"/> | type: _____ | Appendectomy <input type="checkbox"/> |
| Cervical biopsy <input type="checkbox"/> | type: _____ | Other: _____ |
| Back surgery <input type="checkbox"/> | type: _____ | Other: _____ |

Do you have any of the following medical or psychiatric conditions:

- | | |
|---|--|
| Asthma <input type="checkbox"/> | Bowel disease <input type="checkbox"/> |
| Thyroid disease <input type="checkbox"/> | Seizures <input type="checkbox"/> |
| Diabetes <input type="checkbox"/> | Depression <input type="checkbox"/> |
| High blood pressure <input type="checkbox"/> | Anxiety <input type="checkbox"/> |
| Liver disease <input type="checkbox"/> | Other: _____ |
| Autoimmune disease <input type="checkbox"/> | Other: _____ |
| Kidney or bladder problems <input type="checkbox"/> | Other: _____ |

Have you or the baby's father had any of these infections:

- | | | | | | |
|----------------|------------------------------|---------------------------------|-------------|------------------------------|---------------------------------|
| Cold sores | you <input type="checkbox"/> | father <input type="checkbox"/> | HIV | you <input type="checkbox"/> | father <input type="checkbox"/> |
| Genital herpes | you <input type="checkbox"/> | father <input type="checkbox"/> | Hepatitis | you <input type="checkbox"/> | father <input type="checkbox"/> |
| Chlamydia | you <input type="checkbox"/> | father <input type="checkbox"/> | Chicken Pox | you <input type="checkbox"/> | father <input type="checkbox"/> |
| Gonorrhoea | you <input type="checkbox"/> | father <input type="checkbox"/> | | | |

About your family's health history:

Are there any genetic or congenital (present at birth) diseases that run in your family or your partner's family: _____

Is there anyone in the immediate family (parents or siblings) who have the following conditions:

- | | |
|--|--|
| Diabetes <input type="checkbox"/> | Kidney disease <input type="checkbox"/> |
| Thyroid disorder <input type="checkbox"/> | Other: _____ |
| Heart disease or defect <input type="checkbox"/> | Other: _____ |
| Lung disease <input type="checkbox"/> | Pregnancy complications? If so, do you know what type? _____ |
| Hepatitis <input type="checkbox"/> | |