

Questionnaire prior to planning next pregnancy

Think about your care providers:

Was your GP supportive and sympathetic?	Yes	No
If No, is changing GP an option?	Yes	No
Did you see a consultant and was he/she helpful?	Yes	No
*If your consultant previously was good, then ask to be referred for a pre-pregnancy consultation them	Yes	No
Was your midwife helpful and supportive?	Yes	No
If No, is there the option of other midwives in the area?	Yes	No
Were your family and friends helpful and supportive?	Yes	No
Have you got plans for childcare in place if required?	Yes	No

Your current state of health:

Are you fit and healthy?

Height

Weight

Use Google to work out your BMI

Do you need to put on weight or lose some weight before this pregnancy? It is good to have some reserves to lose, but it is not good to be overweight – write your own plan here:

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In your last pregnancy, which medications helped and which didn't:

Last pregnancy I tried: Buccastem, pyridoxine (vitamin B6), promethazine, cyclizine, Stemetil, metoclopramide, ranitidine, Omeprazole, domperidone, ondansetron (alongside lactulose), steroids,

other.....
(delete/add as appropriate)

Other things I tried: Hypnotherapy, acupuncture and acupressure bands, ginger capsules (250 mg x 4 per day),

other.....

What worked

What did not work.....

Side effects I experienced.....

I do not want to try..... again.

The most helpful medications were

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Medications I did not try last time but would like to discuss with the doctor this time are.....

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Were you able to keep oral medications down?	Yes	No	
Were you offered soluble medications or suppositories?	Yes	No	
Was acid reflux a problem?	Yes	No	Not sure
If Yes, were you given treatment for it?			Not sure

Hospital admission:

If you were admitted to hospital during your last pregnancy, how did you find it?.....

For example, a relief to be in hospital and receiving fluid and medication IV or distressing and stressful

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If you found it stressful and distressing, can you pinpoint why? For example, admission via A&E, unsympathetic staff, disturbed sleep, busy ward, smells, sensory stimulation, separation from husband/children, etc., side effects from treatments, needle phobia.

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If you had the option of IV fluids as a day patient, did you prefer that?	Yes	No
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Do you know about other services in your local area, such as Hospital at Home or Acute Care at Home as an alternative to hospital admission?

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Preparing for your next pregnancy:

Do you hope to try pre-emptive medication?	Yes	No
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Other medications I wish to be considered: Buccastem, pyridoxine (vitamin B6), promethazine, cyclizine, Stemetil, metoclopramide, ranitidine, Omeprazole, domperidone, ondansetron (alongside lactulose), steroids,

other.....

(delete/add as a appropriate)

Hospital admission:

- Do you want to request day patient treatment if it is available? Bear in mind there are pros and cons, such as extra travelling and extra needles for new IV sites!
- If you went through A&E last time, can you avoid that this time?
- Do you have a preferred hospital to go to?