

SLO Family Acupuncture

2066 Chorro St ♦ San Luis Obispo, CA 93401
(805) 242-6852 ♦ www.slofamilyacupuncture.com

How many weeks pregnant are you? _____ Due Date _____

Name of Doctor/Midwife _____ Phone Number _____

Last appointment with Doctor/Midwife _____ Blood Pressure _____

Are you using a doula? _____ Doula's Name _____

Where are you delivering? _____

What prenatal classes are you taking or planning to take? _____

Do you have a birth plan? Yes No

Do you have a supportive partner and/or family? Yes No

Is your pregnancy considered to be "high risk" Yes No Why? _____

How many times have you been pregnant? _____

Were there any complications with previous pregnancies? Yes No

If yes, please describe _____

How many times have you give birth? _____ Vaginal Cesarean

Were there any complications with previous deliveries? Yes No

If yes, please describe _____

How many miscarriages? _____ How many weeks pregnant? _____ When? _____

How many times has a D&C been performed? _____ Any abortions? Yes No

Do you have any food cravings or sensitivities? Yes No

If yes, please describe _____

Are you, or have you, experienced any of the following symptoms (circle any that apply):

Nausea Vomiting Heartburn Acid Reflux Sciatica Varicose Veins

Fatigue Headaches Spotting Hemorrhoids Body aches Preeclampsia

Anemia Insomnia Back pain Anxiety Edema Breech Presentation

Thank you for taking the time to complete this intake form. I look forward to working with you.
-Carla Nerelli, L.Ac

If you are experiencing morning sickness, please fill out the following questionnaire.

At what time of day does the nausea occur?

- Morning
- Afternoon
- Evening

Are there any abdominal discomforts? Yes No

If yes, how would you describe them?

- Severe pain
- Dull pain
- Distending pain
- Burning pain
- Feeling of fullness

How does eating affect the nausea?

- Better after eating
- Worse after eating

How does activity affect your nausea?

- Better with rest
- better with slight exercise

How do you feel after vomiting?

- Better after vomiting
- Worse after vomiting

Describe the nausea

- Slight nausea
- Severe nausea
- Vomit soon after or while eating

What is being vomited?

- Thin fluids
- Sour/acid regurgitation
- Undigested foods

Is there any thirst?

- Absence of thirst
- Dry mouth and desire to sip fluids
- Intense thirst and preference for cold drinks
- Thirst, but no real desire to drink

Thank you for taking the time to complete this intake form. I look forward to working with you.

–Carla Nerelli, L.Ac