



**If it is possible, find out about your own birth as preparation for your session.**

Please ask your birth partner do the same.

**Is this your first pregnancy?**

If no, will this be your first experience of labour and birth?

Please write and bring birth story for each birth as preparation for your session.

**Do you have any current health worries?**

Have you spoken to your GP or midwife about this?

**Please indicate any current medical conditions:**

Are you receiving any treatment for this?

Please indicate any prescribed medications:

**My antenatal appointments take place at:**

**Where I plan to birth my baby:**

**Who I plan to have with me:**

**What kind of birth are you aiming for (or considering)?**

Birth Unit

Active Birth

Epidural

Home Birth

Caesarean

With drugs for pain relief

Hospital

Water Birth

Physiological birth;  
without drugs for pain relief

Undecided

Other:

Undecided

Undecided

I have written a birth plan:

If so, please bring to your first session.

I intend to write a birth plan:

**Signature:**

**Date:**

Please sign and date if you are happy for me to keep your records for review in accordance with the Data Protection Act

**Thank you for filling in the consultation record. Please bring to your first session.**