



Questionnaire for Relatives

To help figure out your risk profile for various pelvic floor issues after giving birth

MALE relatives:

- History of hernias? How many? Type? Surgery?

FEMALE relatives (mum, sisters, grandmothers, aunties):

- How early/late were your babies born?
- Were you induced? Y / N Because:
- How heavy were babies?
- Was your pregnancy weight gain insufficient / normal / excessive?
- Did you have an Episiotomy? Y / N
 - Because it was routine / because baby was in distress / because baby was stuck
- Did you have a tear?
 - How many stitches?
 - Know what degree?
- How long were you in labour for?
- Were you pushing for >60min? Y / N / don't remember
- Did you have vacuum extraction
- Did you have vaginal forceps?
- Did you have an emergency caesarean? Y / N – why?
- Did you have a planned caesarean? Y / N – why?



- After giving birth, did you feel like your pelvic floor muscle tone/contraction changed forever, or just temporarily and then bounced back? Please circle any that are relevant:
 - Forever / Temporarily
 - Tighter / Looser
 - Weaker / reduced sensation / reduced ability to relax
 - Less painful / more painful (e.g. pap smears or intercourse)
 - Comments:

- Was there a period of difficult bowel control after giving birth that improved later?
 - No / Yes: wind only / Yes: poo only / Yes: wind and poo
 - Mild / Moderate / Severe
 - Comments:

- Was there a period of difficult bladder control after giving birth that improved later?
 - No / Yes
 - Mild / Moderate / Severe
 - Comments:

- Have you had surgery for incontinence?
 - Yes – happy with result
 - Yes – unhappy with the result. Please elaborate:
 - No

- Have you had prolapse surgery?
 - Yes – happy with result
 - Yes – unhappy with the result. Please elaborate:
 - No

Please find the Australian Pelvic Floor Questionnaire and fill it in as well

A L C H E M Y
I N M O T I O N



Your time, honesty and openness are hugely appreciated and can make a difference. If you are too uncomfortable with the idea of the pregnant woman knowing these details, feel free to send the forms directly to Alchemy in Motion and they can be saved into her notes without her seeing them. The added insight will help her pelvic health physio to help her.

If answering these questions has triggered any trauma or you have been struggling with pelvic floor symptoms in silence or with suboptimal management, please seek help! Our website gives examples of the issues we can help with and our experience. You may be surprised. For child-birth related post-traumatic stress or similar, we recommend the PND Centre in Maroochydore.

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