



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula  
970 708 1298  
Rebecca@MountainBirth.com

### Physical Exam / History

Today's Date \_\_\_\_\_ Name \_\_\_\_\_  
EDD \_\_\_\_\_ Gravida \_\_\_\_\_ Parity \_\_\_\_\_  
Weeks Gestation \_\_\_\_\_ FDLMP \_\_\_\_\_  
Age \_\_\_\_\_ Height \_\_\_\_\_ Pre-Pregnant Weight \_\_\_\_\_  
Current Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Method of Birth Control \_\_\_\_\_  
Miscarriages \_\_\_\_\_ Abortions \_\_\_\_\_  
Previous Birth Experiences (include weight/length, interventions, problems, breastfeeding) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hemoglobin \_\_\_\_\_  
Blood Glucose \_\_\_\_\_  
Blood Type \_\_\_\_\_ RH Factor \_\_\_\_\_

Eyes: Reaction \_\_\_\_\_  
Membranes \_\_\_\_\_  
Retinas L \_\_\_\_\_ R \_\_\_\_\_

Lungs: L \_\_\_\_\_ R \_\_\_\_\_

Heart: Rate \_\_\_\_\_ Sounds \_\_\_\_\_

Hands: Swelling \_\_\_\_\_

Mouth: \_\_\_\_\_  
Lips \_\_\_\_\_  
Tongue \_\_\_\_\_  
Teeth \_\_\_\_\_

Glands: Lymph \_\_\_\_\_  
Thyroid \_\_\_\_\_

Legs: \_\_\_\_\_  
Veins \_\_\_\_\_  
Swelling \_\_\_\_\_  
Reflexes L \_\_\_\_\_ R \_\_\_\_\_

Feet: Swelling \_\_\_\_\_

Reflexes: Ankle Clonus L \_\_\_\_\_ R \_\_\_\_\_  
Knee L \_\_\_\_\_ R \_\_\_\_\_  
Ankle L \_\_\_\_\_ R \_\_\_\_\_

Skin: \_\_\_\_\_  
Hair: \_\_\_\_\_



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Breast Exam:

Masses: L \_\_\_\_\_ R \_\_\_\_\_

Nipples: L \_\_\_\_\_ R \_\_\_\_\_

Reaction to Exam \_\_\_\_\_

See Picture below for findings...

Abdominal Exam:

Fundal Height \_\_\_\_\_ Stretch Marks \_\_\_\_\_

Tone: Skin \_\_\_\_\_ Muscle \_\_\_\_\_

Scars \_\_\_\_\_ Placental Sounds \_\_\_\_\_

Fetal Motion \_\_\_\_\_ Position \_\_\_\_\_

FHT

See Picture Below of Position...

Urine Analysis:

Color \_\_\_\_\_ Ketones \_\_\_\_\_

Clarity \_\_\_\_\_ PH \_\_\_\_\_

Protein \_\_\_\_\_ Blood \_\_\_\_\_

Glucose \_\_\_\_\_ Leukocytes \_\_\_\_\_

External Genitals:

Perineum \_\_\_\_\_

Scar Tissue \_\_\_\_\_

Stretchiness \_\_\_\_\_

Length \_\_\_\_\_

Indications for perineal massage \_\_\_\_\_

See Picture below for findings...

Internal Vagina:

Scar tissue \_\_\_\_\_

Muscle tone \_\_\_\_\_

Varicosities \_\_\_\_\_

Abnormalities \_\_\_\_\_

Internal Exam:

Date \_\_\_\_\_ Weeks gestation \_\_\_\_\_ Midwife \_\_\_\_\_



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Cervical Findings:

Placement \_\_\_\_\_  
Scar tissue \_\_\_\_\_  
Growths \_\_\_\_\_  
Dilation \_\_\_\_\_  
Effacement \_\_\_\_\_

Pelvis Assessment:

Ischial spines: R \_\_\_\_\_ L \_\_\_\_\_  
Interspinous diameter:  
\_\_\_\_\_ narrow \_\_\_\_\_ average \_\_\_\_\_ wide

Subpubic Arch:

\_\_\_\_\_ narrow \_\_\_\_\_ average \_\_\_\_\_ 90 \_\_\_\_\_ wide

Inclination of pubic bone: \_\_\_\_\_

Angle of side walls:  
\_\_\_\_\_ convergent \_\_\_\_\_ straight \_\_\_\_\_ divergent

Sacral tip and coccyx:

Mobility \_\_\_\_\_  
Diagonal conjugate of outlet: \_\_\_\_\_  
Sacrospinous ligament: R \_\_\_\_\_ cm. L \_\_\_\_\_ cm.  
Ischial spines: \_\_\_\_\_ above \_\_\_\_\_ level with \_\_\_\_\_ below; sacral tip

Sacrum:

Curvature of sacrum:  
\_\_\_\_\_ average \_\_\_\_\_ marked \_\_\_\_\_ straight

Inclination:

\_\_\_\_\_ forward \_\_\_\_\_ average \_\_\_\_\_ backward  
Diagonal conjugate \_\_\_\_\_ cm.  
External bituberous diameter \_\_\_\_\_ cm.

Any History of...

Chronic Health Condition \_\_\_\_\_  
Nausea \_\_\_\_\_  
Vomiting \_\_\_\_\_  
Headaches \_\_\_\_\_  
Constipation \_\_\_\_\_  
Kidney or Bladder Problems \_\_\_\_\_  
Heart Disease or Palpitations \_\_\_\_\_  
Depression \_\_\_\_\_  
Drug or Alcohol Abuse \_\_\_\_\_  
Sexual Abuse \_\_\_\_\_  
STD's (gonorrhea, syphilis, Herpes I or II) \_\_\_\_\_  
Diabetes \_\_\_\_\_



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Cancer \_\_\_\_\_  
Epilepsy \_\_\_\_\_  
Measles \_\_\_\_\_  
Scarlet Fever \_\_\_\_\_  
TB \_\_\_\_\_  
Asthma \_\_\_\_\_  
Hepatitis \_\_\_\_\_  
Major Abdominal or Reproductive \_\_\_\_\_  
Surgery \_\_\_\_\_  
Genetic Disorders \_\_\_\_\_  
Twins \_\_\_\_\_  
Blood Irregularities \_\_\_\_\_  
Stroke \_\_\_\_\_

Any prescription drugs or frequent over-the-counter drug use? \_\_\_\_\_  
\_\_\_\_\_

Notes...