



DEMOGRAPHICS

Patient's name: _____ Maiden name: _____
 Address: _____
 DOB: _____ Age: _____
 HC#: _____
 Contact telephone #: _____
 Marital status: _____
 Highest level of education completed: _____
 Language: English French Arabic Other:
 Employed: N Y Type of work: _____
 Race/ethnicity: Québécois Acadian Jewish Hispanic
 African Canadian Caucasian First Nations
 Middle Eastern Mediterranean Asian
 Other:
 Prenatal care provider(s):
 (Physician/Midwife/NP): _____
 Baby's Physician (in home community): _____

Partner's Name: _____ Age: _____
 Race/ethnicity: Québécois Acadian Jewish
 Hispanic African Canadian Caucasian Asian
 First Nations Middle Eastern Mediterranean
 Other:
 Language: English French Arabic
 Other:
 Employed: No Yes Type of work: _____

PREGNANCY DATING

EDD (Best Estimate)

LMP Date: dd/mm/yyyy Sure N Y Regular cycles: N Y Cycle length:
 OCP stopped: dd/mm/yyyy +ve preg test: dd/mm/yyyy Quickening dd/mm/yyyy EDD: dd/mm/yyyy

Conception (if known)	Date: dd/mm/yyyy	Comments:	EDD: dd/mm/yyyy
Ultrasound	Date: dd/mm/yyyy	weeks days	EDD: dd/mm/yyyy
Ultrasound	Date: dd/mm/yyyy	weeks days	EDD: dd/mm/yyyy
18-21 wk U/S	Date: dd/mm/yyyy	weeks days	EDD: dd/mm/yyyy

OBSTETRICAL HISTORY

Gravida

Para

Abort

SB

NND

Date	Place	Gest	Mode of Del	Complications/Comments	Birth Wt	Sex	Health
dd/mm/yyyy							
dd/mm/yyyy							
dd/mm/yyyy							
dd/mm/yyyy							
dd/mm/yyyy							
dd/mm/yyyy							

PRESENT PREGNANCY	N	Y	Comments	PAST ILLNESS	N	Y	Comments
Pre-Pregnancy Medications	N	Y		Operations	N	Y	
Current Medications	N	Y		Anaes problems	N	Y	
Pre-conceptual folic acid	N	Y		Blood/products	N	Y	
Depression/anxiety	N	Y		Respiratory	N	Y	
Bleeding	N	Y		Renal disease	N	Y	
Received immune globulin	N	Y		Diabetes	N	Y	
Infections (e.g. UTI,STI)	N	Y		Cardiac	N	Y	
Nausea /vomiting	N	Y		Gynecologic	N	Y	
Smoking: pre-preg (#/day)	N	Y		Thromboembolism	N	Y	
now (#/day)	N	Y		Hypertension	N	Y	
wishing to quit	N	Y		CNS disorder/migraine	N	Y	
Alcohol use	N	Y		Mental health	N	Y	
Substance use	N	Y		Substance use	N	Y	
Threatened preterm labour	N	Y		STI	N	Y	
fFN sent	N	Y		Other	N	Y	

ALLERGIES: Drug NKDA Y Latex N Y
 Blood transfusion acceptable N Y Anesthesia consult N Y



Body Mass Index (BMI) Chart for Adults

Obese (>30)
 Overweight (25-30)
 Normal (18.5-25)
 Underweight (<18.5)

HEIGHT in feet/inches and centimeters

WEIGHT lbs (kg)	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"
	142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	
260 (117.9)	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31
255 (115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30
250 (113.4)	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30
245 (111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240 (108.9)	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28
235 (106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230 (104.3)	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27
225 (102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220 (99.8)	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	26
215 (97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
210 (95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
205 (93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200 (90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24
195 (88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190 (86.2)	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23
185 (83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180 (81.6)	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
175 (79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170 (77.1)	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
165 (74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160 (72.6)	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
155 (70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
150 (68.0)	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
145 (65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
140 (63.5)	31	30	29	28	27	26	26	25	24	23	22	21	21	20	20	19	18	18	17	17	17	17
135 (61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130 (59.0)	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
125 (56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120 (54.4)	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
115 (52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
110 (49.9)	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13
105 (47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
100 (45.4)	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12
95 (43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90 (40.8)	20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11	11	11
85 (38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80 (36.3)	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Pregnancy weight gain based on BMI*			
	BMI range	Suggested weight gain	
		lb	kg
Underweight	<18.5	27.5 to 39.6	12.5 to 18
Normal Weight	18.5-24.9	25.3 to 35.2	11.5 to 16
Overweight	25.0-29.9	15.4 to 25.3	7 to 11.5
Obese Class I	30.0-34.9	15.4	7
Obese Class II	35.0-39.9	15.4	7
Obese Class III	≥ 40	15.4	7

*Society Obstetricians & Gynecologists of Canada (2011). Obesity in Pregnancy. <http://www.sogc.org/guidelines/documents/gui239ECPG1002.pdf>

For those patients with a pre-pregnancy weight greater 308lbs Or 140kg, there is an alternate imperial only BMI chart in the companion document (Appendix H) that includes pre-pregnancy weight up to 328 lbs. The BMI may also be calculated using pounds and inches, multiply your weight by 703,

divide by your height in inches, and then divide by your height again (lbs x 703 / inches/inches)

-OR-

Using kilograms and meters, divide your weight in kilograms by the square of your height in meters (kg/m²)

