

Registration form

Male details

Title	Date of birth	
Surname	Ethnic group (see last page)*	
First and forename(s)	Religion (see last page)*	
Address	Marital status (see last page)*	
	Education (see last page)*	
	Occupation	
	NHS number	
	Hospital number	
City/town	GP name	
County	GP address	
Telephone (Home)		
Telephone (Mobile)	GP telephone	
E-mail address (we will use this to correspond with you):		

* - enter the relevant code from the list of tables on the last page of this form

Data Disclosure and Protection: By completing this form, you hereby give your consent for the data to be held within the NHS in accordance with the requirements of the 1998 Data Protection Act (UK).

Male signature:

Date:

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Please complete this form with as much information as you are able to. If you are uncertain about any of the questions you will be able to check these with your healthcare provider at your clinic appointment. Please include all medical information in your history even if you think it may be unimportant.

Previous illnesses or medical problems

		Yes	No
Have you had any serious illnesses or medical problems?		<input type="checkbox"/>	<input type="checkbox"/>
<i>If yes, tick all applicable:</i>			
Diabetes	<input type="checkbox"/>	Rheumatism or painful joints	<input type="checkbox"/>
Thyroid problems	<input type="checkbox"/>	Skin rashes or other skin disorders	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	Irritable Bowel Syndrome	<input type="checkbox"/>
Heart problems	<input type="checkbox"/>	Coeliac disease	<input type="checkbox"/>
Liver problems	<input type="checkbox"/>	Crohn's disease	<input type="checkbox"/>
Migraines	<input type="checkbox"/>	Autoimmune disease	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	Other inflammatory disorder	<input type="checkbox"/>
Depression	<input type="checkbox"/>	Thrombosis (clot in the leg or chest)	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	Candida	<input type="checkbox"/>
Lupus (SLE)	<input type="checkbox"/>	Bacterial urethritis	<input type="checkbox"/>
		Abnormal urethral discharge	<input type="checkbox"/>
Other illnesses	<input type="checkbox"/> Please state: _____		
<i>If you have ticked any of the boxes above, please provide further details below:</i>			

Current medications and allergies

Please provide details on any allergies you have and medication you are currently taking below:

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Andrological history

Have you had a testicular examination before? Yes No



What was found? _____

Have you had any of the following diagnosed?

Please tick all applicable options

- | | | | |
|---|--------------------------|--------------------------------|--------------------------|
| Absence of a testicle
(cryptorchidism) | <input type="checkbox"/> | Mumps | <input type="checkbox"/> |
| Testicular pain | <input type="checkbox"/> | Tuberculosis (TB) | <input type="checkbox"/> |
| Twisted testicles (torsion) | <input type="checkbox"/> | Impotence/erectile dysfunction | <input type="checkbox"/> |
| Testicular cancer | <input type="checkbox"/> | Ejaculatory dysfunction | <input type="checkbox"/> |
| Varicose veins in your scrotum | <input type="checkbox"/> | Infertility | <input type="checkbox"/> |
| | | STI's | <input type="checkbox"/> |

If you have ticked any of the boxes above, please provide further details below:

Have you had any of the following surgeries?

Please tick all applicable options

- | | |
|--------------------|--------------------------|
| Groin surgery | <input type="checkbox"/> |
| Varicocelelectomy | <input type="checkbox"/> |
| Orchidectomy | <input type="checkbox"/> |
| Orchidopexy | <input type="checkbox"/> |
| Surgery for hernia | <input type="checkbox"/> |

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Previous paternal history

	Yes	No
Have you had children in another relationship?	<input type="checkbox"/>	<input type="checkbox"/>
	↓	
	If yes, number of children: <input type="checkbox"/> <input type="checkbox"/>	
Have you ever had a delay (>12 months) trying to father a child?	<input type="checkbox"/>	<input type="checkbox"/>
What age did you enter puberty? <input type="checkbox"/> <input type="checkbox"/> years		
What is your current average ejaculatory frequency per week?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	times/week
What is your usual ejaculatory frequency per month (4 weeks)?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	times/month

Occupational exposure

	Yes	No
Have you been exposed to any harmful substances during your current or previous jobs? (see below for examples of such substances)	<input type="checkbox"/>	<input type="checkbox"/>
↓		
Exposure Type/Substance: (Years of exposure)		
Dust <input type="checkbox"/> <input type="checkbox"/>	Asbestos <input type="checkbox"/> <input type="checkbox"/>	
Fumes <input type="checkbox"/> <input type="checkbox"/>	Noxious Gases <input type="checkbox"/> <input type="checkbox"/>	
Harmful vapours <input type="checkbox"/> <input type="checkbox"/>	Chemicals <input type="checkbox"/> <input type="checkbox"/>	
Other (please specify): _____		
Please provide further details:		

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Type of underwear

What type of underwear do you wear?

Tick one option

- | | | | |
|--------------------------|--------------------------|----------------|--------------------------|
| Boxer shorts | <input type="checkbox"/> | Long underwear | <input type="checkbox"/> |
| Boxer briefs/trunks | <input type="checkbox"/> | Jockstraps | <input type="checkbox"/> |
| Briefs | <input type="checkbox"/> | None | <input type="checkbox"/> |
| Thongs/Bikinis/G-strings | <input type="checkbox"/> | | |

What type of fabric is the underwear most commonly made from?

Tick one option

- | | |
|------------------------|--------------------------------|
| Cotton | <input type="checkbox"/> |
| Synthetic | <input type="checkbox"/> |
| Lycra | <input type="checkbox"/> |
| Other (please specify) | <input type="checkbox"/> _____ |

Do they hold your testicles to the body, or are they loose?

Tick one option

- | | |
|--------|--------------------------|
| Tight | <input type="checkbox"/> |
| Loose | <input type="checkbox"/> |
| Unsure | <input type="checkbox"/> |

Is the tightness of your underwear similar to before the last time your partner fell pregnant?

Tick one option

- | | | | | | |
|-----|--------------------------|----|--------------------------|------------|--------------------------|
| Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Don't know | <input type="checkbox"/> |
|-----|--------------------------|----|--------------------------|------------|--------------------------|

Technology habits

Do you ever sit with a laptop computer on your lap? Yes No



How many hours per day? hours minutes

Do you keep your mobile phone (that's switched on) in your trouser pocket?

Front pocket? Yes No

Back pocket? Yes No



How many hours a day? hours/day



How many hours a day? hours/day

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Diet and supplements

How many days a week do you eat the following foods:

Tick one box per food type

	Number of days per week							
	0	1	2	3	4	5	6	7
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soya products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts (almonds/walnuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you consume sugar substitutes daily or most days of the week? Yes No

How many cups of coffee* do you drink in a typical day? cups of coffee/day

How many cups of tea* do you drink in a typical day? cups of tea/day

How many cans (or equivalent) of soft drink do you consume per day (e.g. energy drinks, cola)? cans/day

Do you currently take any vitamins or supplements? Yes No

If yes, please provide details:

	Name of product	Frequency (times/week)	How long have you been taking it? (weeks)
1			
2			
3			
4			

* Do not count decaffeinated drinks

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Diet and supplements

If you are not taking vitamins or minerals currently but have taken them in the last four months please complete this table.

	Name of product	Frequency (times/week)	Duration (weeks)
1			
2			
3			
4			

Are you currently taking any protein shakes or protein bars?

Yes No

If yes, please provide details:

	Name of product	Frequency (times/week)	Duration (weeks)
1			
2			
3			
4			

Exercise

Do you follow a regular routine of physical exercise?

Yes No

How many days a week do you exercise?

If you exercise, how many hours a day do you exercise?

Tick one option

0

Tick one option

< 30 min

1-2

30 min - 1 hr

3-4

1 hr - 1.5 hrs

5-6

1.5 hrs - 2 hrs

7

2 hrs - 2.5 hrs

> 2.5 hrs

On average how many hours do you spend sitting on a chair per day?

Sofa or armchair hours/day Work chair hours/day

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Recreational drug use

Do you currently drink alcohol? Yes No

↓

How many units per week? units per week

Do you currently smoke?

How many cigarettes? per day

or

per week

How many vaping sessions? per day

or

One session is classified as 5 or more inhalations
 per week

Have you recently stopped? Yes No

↓

If yes, how recently did you stop?

< 1 month

1-6 months

> 6 months

Do you take any other recreational drugs?

↓

If yes, please complete table:

Type	Frequency of use (tick one option)
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
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	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months

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Tests and investigations

Please give details of any tests or investigations you've had as a part of your treatment.

Test/investigations	Date of test	Result	Which hospital or clinic did you have the test at?
Semen analysis			
Sexually transmitted infection screening			

If other tests, please state below:

Test/investigation	Date of test	Result	Which hospital or clinic did you have the test at?

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Treatments

Please give details of any treatments you've previously received or are currently receiving as a part of your miscarriage management.

Please also include any medications that you've bought yourself.

Treatment (please include medicines and operations)	Dose	Date from*	Date to	Tick if ongoing	Additional clinician's notes
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	

* If an operation, please give the date of operation

Tommy's Net questionnaire (Male) v2.1 26/06/2017

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Ethnicity codes

WHITE		Category includes
A	White British	English, Scottish, Welsh, Cornish
B	White Irish	
C	Any other white background	Former USSR, Baltic States, Former Yugoslavia, Other European, White South African, American, Australian, New Zealander, Mixed White
CF	Greek	
CG	Greek Cypriot	
CH	Turkish	
CI	Mediterranean	Italian, Portuguese and Spanish
CJ	Turkish Cypriot	
CN	Jewish	
CY	Other White European	
MIXED		
D	White & Black Caribbean	
E	White & Black African	
F	White & Asian	
G	Any other mixed background	
ASIANORASIANBRITISH		
H	Indian	British Indian, Punjabi
J	Pakistani	British Pakistani, Kashmiri
K	Bangladeshi	British Bangladeshi
L	Any other Asian background	British Asian, East African Asian, Sri Lankan, Tamil, Sinhalese, Caribbean Asian, Nepalese, Mixed Asian
BLACKORBLACKBRITISH		
M	Black Caribbean	Caribbean, West Indian Islands (and also Guyana) apart from Puerto Rican, Dominican and Cuban, which are Latin America
N	Black African	Nigerian, Kenyan, Black South African, Other Black African Countries
P	Other Black background	Black American, Mixed Black
PA	Somali	
PE	Black British	
OTHER ETHNIC GROUPS		
R	Chinese	inc. Hong Kong
S	Any other ethnicity	Japanese, Filipino, Malaysian, Aborigine, Afghani, Burmese, Fijian, Inuit, Maori, Native American Indian, Thai, Tongan, Samoan, Iranian, Israeli, Kurdish, Latin American (inc. Cuban, Puerto Rican, Dominican, Hispanic), Moroccan, Multi Ethnic Islands (inc. Seychellois, Maldivian, St. Helena), Other Middle Eastern (inc. Iraqi, Lebanese, Yemeni), Other North African, South American (inc. Central America).
SA	Africa—colour not defined	
SC	Arab	
SD	Vietnamese	
Z	Not stated	

Religion codes

A	Christian (all denominations)
B	Buddhist
C	Hindu
D	Jewish
E	Muslim
F	Sikh
G	Agnostic
H	Atheist
I	I'd rather not say
J	Other (please specify)

Marital status codes

A	Single
B	Married
C	Separated
D	Divorced
E	Widowed

Education codes

A	No formal qualifications
B	1-4 GCSEs (A*-C) or equivalent
C	5+ GCSEs (A*-C) or equivalent
D	Apprenticeship
E	2+ A-levels or equivalent
F	Degree or above
G	Other (please specify)

Registration form

Female details

Title	Date of birth	
Surname	Ethnic group (see last page)*	
First and forename(s)	Religion (see last page)*	
Address	Marital status (see last page)*	
	Education (see last page)*	
	Occupation	
	NHS number	
	Hospital number	
City/town	GP name	
County	GP address	
Telephone (Home)		
Telephone (Mobile)	GP telephone	
E-mail address (we will use this to correspond with you):		

* - enter the relevant code from the list of tables on the last page of this form

Data Disclosure and Protection: By completing this form, you hereby give your consent for the data to be held within the NHS in accordance with the requirements of the 1998 Data Protection Act (UK).

Female signature:

Date:

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Please complete this form with as much information as you are able to. If you are uncertain about any of the questions you will be able to check these with your healthcare provider at your clinic appointment. Please include all medical information in your history even if you think it may be insignificant.

Relationship details

What is the length of your current relationship? years months

Are you and your partner blood relatives? Yes No

↓

Please describe: _

Menstrual period and pregnancy information

What was the first date of your last menstrual period? d - m - y

What age did your periods start? years Yes No

Are your periods regular?

If yes, what is your cycle length (time from the beginning of one period to the beginning of the next)? days

If no, what is your cycle length? MIN days
MAX days

How many days do you bleed for? days

Do you get any bleeding in between your periods?

Do you have any problems with intercourse?

How frequently do you have intercourse? per/wk
or per/month

Have you ever had a delay (>12 months) in trying to get pregnant?

Are you currently pregnant?

↓

Are you currently trying to become pregnant?

↓

How long have you been trying to conceive? years months

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* Method of conception

1	Natural
2	IVF/ICSI
3	IUI
4	Donor sperm treatment
5	Donor egg treatment
6	Ovarian stimulation

**Outcome

1	Live birth
2	Stillbirth
3	Pregnancy loss without ultrasound confirmation of pregnancy
4	Miscarriage after ultrasound confirmation of pregnancy
5	Late miscarriage (>12 weeks to <24 weeks)
6	Ectopic pregnancy
7	Molar pregnancy
8	Resolved pregnancy of unknown location
9	Termination

***Type of management

1	Expectant (waited for nature to take its course)
2	Surgical (operation)
3	Medical (took a tablet(s))

**** Mode of delivery

1	Unassisted vaginal
2	Instrumental vaginal (forceps or suction cup delivery)
3	Elective caesarean section
4	Emergency caesarean section
5	Vaginal breech
6	Not applicable

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Previous pregnancy-related complications

	Yes	No	
Do you have a history of polycystic ovaries?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a history of fibroids?	<input type="checkbox"/>	<input type="checkbox"/>	
	↓		
If yes:	Distorting womb cavity	<input type="checkbox"/>	<input type="checkbox"/>
	Not distorting womb cavity	<input type="checkbox"/>	<input type="checkbox"/>
	I don't know	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a history of endometriosis?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a history of pelvic inflammatory disease?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a history of uterine (womb) abnormalities?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you ever had a sexually transmitted disease?	<input type="checkbox"/>	<input type="checkbox"/>	
	↓		
If yes, when: <input type="text" value="m"/> <input type="text" value="m"/> - <input type="text" value="y"/> <input type="text" value="y"/> <input type="text" value="y"/> <input type="text" value="y"/>	Was it treated?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had any previous gynaecological surgeries?	<input type="checkbox"/>	<input type="checkbox"/>	
↓			
<i>If yes, tick all applicable:</i>			
Laser or loop excision of the cervix (LLETZ)	<input type="checkbox"/>	→ If yes, how many operations?	<input type="text" value=""/> <input type="text" value=""/> operations
Removal of fibroids	<input type="checkbox"/>	Removal of scar tissues in the womb	<input type="checkbox"/>
Endometriosis surgery	<input type="checkbox"/>	Womb septum removal	<input type="checkbox"/>
Fallopian tube surgery	<input type="checkbox"/>	Other gynaecological surgeries	<input type="checkbox"/> If yes, state: _____
Removal of ovarian cyst(s)	<input type="checkbox"/>	Other gynaecological disorders	<input type="checkbox"/> If yes, state: _____
Surgical management of miscarriage	<input type="checkbox"/>	I don't know	<input type="checkbox"/>

Date of last cervical smear test?	<input type="text" value="m"/> <input type="text" value="m"/>	-	<input type="text" value="y"/> <input type="text" value="y"/> <input type="text" value="y"/> <input type="text" value="y"/>	
Result?	<input type="checkbox"/>	Normal	<input type="checkbox"/>	Abnormal

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Recreational drug use

Do you currently drink alcohol? Yes No

How many units per week? units per week

Do you currently smoke? Yes No

How many cigarettes? per day
or
 per week

How many vaping sessions? per day
or
One session is classified as 5 or more inhalations
 per week

Have you recently stopped? Yes No

If yes, how recently did you stop?
 < 1 month
 1-6 months
 > 6 months

Do you take any other recreational drugs? Yes No

If yes, please complete table:

Type	Frequency of use (tick one option)
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
	<input type="checkbox"/> Daily <input type="checkbox"/> 2-3 times per week <input type="checkbox"/> Weekly <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly <input type="checkbox"/> Every 2-3 months <input type="checkbox"/> Every 6 months
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Diet and supplements

How many days a week do you eat the following foods:

Tick one box per food type

	Number of days per week							
	0	1	2	3	4	5	6	7
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soya products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts (almonds/walnuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you consume sugar substitutes daily or most days of the week? Yes No

How many cups of coffee* do you drink in a typical day? cups of coffee/day

How many cups of tea* do you drink in a typical day? cups of tea/day

How many cans (or equivalent) of soft drink do you consume per day (e.g. energy drinks, cola)? cans/day

Do you currently take any vitamins or supplements? Yes No

If yes, please provide details:

	Name of product	Frequency (times/week)	How long have you been taking it? (weeks)
1			
2			
3			
4			

* Do not count decaffeinated drinks

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Diet and supplements

If you are not taking vitamins or minerals currently but have taken them in the last four months please complete this table.

	Name of product	Frequency (times/week)	Duration (weeks)
1			
2			
3			
4			

Are you currently taking any protein shakes or protein bars?

Yes No

If yes, please provide details:

	Name of product	Frequency (times/week)	Duration (weeks)
1			
2			
3			
4			

Exercise

Do you follow a regular routine of physical exercise?

Yes No

How many days a week do you exercise?

Tick one option

0

1-2

3-4

5-6

7

If you exercise, how many hours a day do you exercise?

Tick one option

< 30 min

30 min - 1 hr

> 1 hr - 1.5 hrs

> 1.5 hrs - 2 hrs

> 2 hrs - 2.5 hrs

> 2.5 hrs

On average how many hours do you spend sitting on a chair per day?

Sofa or armchair hours/day Work chair hours/day

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Previous illnesses or medical problems

		Yes	No
Have you had any serious illnesses or medical problems?		<input type="checkbox"/>	<input type="checkbox"/>
<i>If yes, tick all applicable:</i>			
Diabetes	<input type="checkbox"/>	Rheumatism or painful joints	<input type="checkbox"/>
Thyroid problems	<input type="checkbox"/>	Skin rashes or other skin disorders	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	Irritable Bowel Syndrome	<input type="checkbox"/>
Heart problems	<input type="checkbox"/>	Coeliac disease	<input type="checkbox"/>
Liver problems	<input type="checkbox"/>	Crohn's disease	<input type="checkbox"/>
Migraines	<input type="checkbox"/>	Autoimmune disease	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	Other inflammatory disorder	<input type="checkbox"/>
Depression	<input type="checkbox"/>	Thrombosis (clots in legs or chest)	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	Candida (thrush)	<input type="checkbox"/>
Lupus (SLE)	<input type="checkbox"/>	Bacterial vaginosis	<input type="checkbox"/>
Abnormal vaginal discharge	<input type="checkbox"/>		
Other illnesses	<input type="checkbox"/>	Please state: _____	
<i>If you have ticked any of the boxes above, please provide further details below:</i>			

Current medications and allergies

Please provide details on any allergies you have and medication you are currently taking below:

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Treatments

Please give details of any treatments you've previously received or are currently receiving as a part of your miscarriage management.

Please also include any medications that you've bought yourself.

Treatment (please include medicines and operations)	Dose	Date from*	Date to	Tick if ongoing	Additional clinician's notes
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	
				<input type="checkbox"/>	

* If an operation, please give the date of operation

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Ethnicity codes

WHITE		Category includes
A	White British	English, Scottish, Welsh, Cornish
B	White Irish	
C	Any other white background	Former USSR, Baltic States, Former Yugoslavia, Other European, White South African, American, Australian, New Zealander, Mixed White
CF	Greek	
CG	Greek Cypriot	
CH	Turkish	
CI	Mediterranean	Italian, Portuguese and Spanish
CJ	Turkish Cypriot	
CN	Jewish	
CY	Other White European	
MIXED		
D	White & Black Caribbean	
E	White & Black African	
F	White & Asian	
G	Any other mixed background	
ASIANORASIANBRITISH		
H	Indian	British Indian, Punjabi
J	Pakistani	British Pakistani, Kashmiri
K	Bangladeshi	British Bangladeshi
L	Any other Asian background	British Asian, East African Asian, Sri Lankan, Tamil, Sinhalese, Caribbean Asian, Nepalese, Mixed Asian
BLACKORBLACKBRITISH		
M	Black Caribbean	Caribbean, West Indian Islands (and also Guyana) apart from Puerto Rican, Dominican and Cuban, which are
N	Black African	Nigerian, Kenyan, Black South African, Other Black African Countries
P	Other Black background	Black American, Mixed Black
PA	Somali	
PE	Black British	
OTHER ETHNIC GROUPS		
R	Chinese	inc. Hong Kong
S	Any other ethnicity	Japanese, Filipino, Malaysian, Aborigine, Afghani, Burmese, Fijian, Inuit, Maori, Native American Indian, Thai, Tongan, Samoan, Iranian, Israeli, Kurdish, Latin American (inc. Cuban, Puerto Rican, Dominican, Hispanic), Moroccan, Multi Ethnic Islands (inc. Seychellois, Maldivian, St. Helena), Other Middle Eastern (inc. Iraqi, Lebanese, Yemeni), Other North African, South American (inc. Central America).
SA	Africa—colour not defined	
SC	Arab	
SD	Vietnamese	
Z	Not stated	

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Religion codes

A	Christian (all denominations)
B	Buddhist
C	Hindu
D	Jewish
E	Muslim
F	Sikh
G	Agnostic
H	Atheist
I	I'd rather not say
J	Other (please specify)

Marital status codes

A	Single
B	Married
C	Separated
D	Divorced
E	Widowed

Education codes

A	No formal qualifications
B	1-4 GCSEs (A*-C) or equivalent
C	5+ GCSEs (A*-C) or equivalent
D	Apprenticeship
E	2+ A-levels or equivalent
F	Degree or above
G	Other (please specify)