

St. Georges Hospital Maternity: My Birth Preferences



This pack explains the meaning behind each preference choice.

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Room Setting



Doula

A Doula is a support person who can be present in labour in addition to your Midwife or an Obstetrician. You would privately employ them and they will provide emotional and physical support.



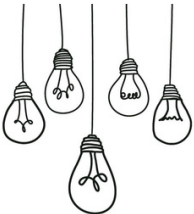
I am hypnobirthing

Hypnobirthing is the use of gentle breathing, the avoidance of negative words and dimmed lighting to encourage a calm environment. You may want to learn and practice this during pregnancy.



My Music playing

You may like to bring your own music & devices. You are able to play music in our operating theatres too.



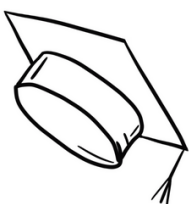
Dimmed lighting

Keeping lighting dimmed throughout your labour can be helpful. All of our labour rooms have the ability to reduce the brightness of the lights.



Quiet please

You might like to be quieter & hypnobirth or meditate between contractions.



Open to students

St George's is a teaching hospital with many disciplines in training including midwives, nurses and doctors. We will always ask for your consent before they attend to you.

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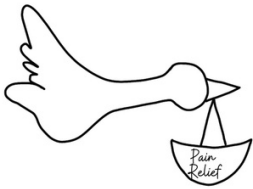
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Pain Relief



St Georges Video on pain relief: <https://www.youtube.com/watch?v=3vn2IqnlzZO&t=270s>

More Information: <http://www.labourpains.com/>



Open to all Pain Relief

Would you be happy for us to offer you all forms of pain relief at each stage of your labour?



I will ask for pain relief

Would you prefer to discuss or request pain relief only when you feel it is needed?



Hydrotherapy

Would you like to use a bath, shower or pool in early or established labour? Our birth pools are only available on the Carmen Suite (the birth centre). If you have certain medical conditions a birth pool may not be advised for your labour or birth.

Please call Carmen Birth Centre on 0208 725 2039 to book onto the Virtual Tour.

More information: <https://www.stgeorges.nhs.uk/ward/carmen-suite/>



Open to Gas and Air (Entonox)

Would you like to try Gas and Air (Entonox)? This is available in all birthing areas. It is a form of pain relief you can use throughout labour. It has no effect on baby and no long term side effects when used. It can give you a dry mouth which is why staying hydrated is really important.



Open to Pethidine

Are you open to pethidine? it is given as an injection in your leg or buttock. It takes around 20 minutes to work and the effects last between 2-4 hrs. You will feel quite drowsy and it can help you to relax or sleep. Mostly used during early labour. Oral morphine is also an option during early labour with a similar effect lasting 1-2 hours.

Open to Epidural

Are you open to having an epidural? This is only available on our Delivery Suite. One of our consultant anaesthetists Emma Evans talks further on epidurals:

More information: <https://www.youtube.com/watch?v=3vn2IqnlzZO&t=270s>

If English is not your first language, please visit this website to find pain relief information in alternative languages: https://www.labourpains.com/International_Translations



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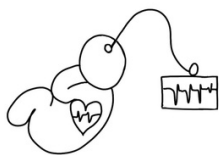


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During Labour



Open to STAN monitoring

If you have a low risk pregnancy and are in labour on the Carmen suite we will monitor your baby's heart beat with a hand held doppler as this is proven to be safe when there are no concerns. CTG (Cardiotocography) and STan (ST analysis) monitoring are used during established labour to continuously monitor your baby's heart rate when you are recommended to be on Delivery Suite.

More Information : <https://www.youtube.com/watch?v=cHv6WfLJmfU&t=2s>



Mobilise during labour

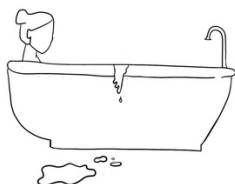
It is recommended to be mobile and upright during early and established labour to utilise gravity and shorten the length of labour.

More Information : <https://www.tommys.org/pregnancy-information/giving-birth/movement-and-positions-during-labour>



Minimal Vaginal Examinations

Vaginal examinations will be offered by clinicians when deemed necessary to ensure the wellbeing of you and your baby. It will always be explained and done with your full consent.

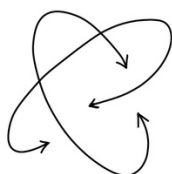


Water birth

Would like to deliver your baby in the birth pool? It is only recommended for low risk pregnancy and labour, but your midwife will discuss the option with you during pregnancy.

Carmen Birth Centre only

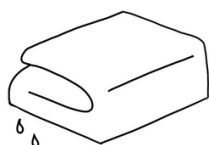
More information: <https://www.stgeorges.nhs.uk/service/maternity-services/giving-birth/carmen-birth-centre/>



Try alternative pushing positions

It is recommended to try different birthing positions during the pushing phase of labour, for example kneeling or squatting. These positions use gravity to help your baby move through the birth canal.

More Information <https://www.tommys.org/pregnancy-information/giving-birth/movement-and-positions-during-labour>



Offer warm compress for perineum

You may want to try a warm compress on your perineum (the skin below your vagina) during delivery. This can soften the skin and it can help lower the risk of severe perineal trauma.

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During Labour continued



Perineal Guarding

There is evidence to suggest that having hands on support of your perineum (the skin below your vagina) as it stretches during the birth of your baby can lower the risk of severe perineal trauma. This will be performed only with your consent. If you are having a pool birth the midwife will not provide hands on support as the water can act in the same way as a warm compress, helping the skin to stretch.



Encourage & guide pushing

Your body will instinctively tell you when it is time to push - you may feel an urge to open your bowels with contractions. This is pressure from your baby's head moving lower and pressing on your rectum. You will be encouraged to follow this urge. If you have an epidural you may not feel this, therefore we will guide you to push at the right time.

Just After Birth

 More Information: <https://www.nhs.uk/pregnancy/labour-and-birth/after-the-birth/what-happens-straight-after/>



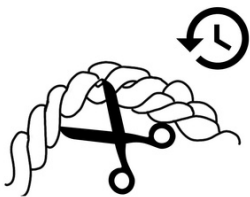
Mother or Birthing parent to discover the sex

Would you, the mother or birthing parent wish to discover the sex of your baby.



Birth Partner to discover the sex

Would you would like your birth partner to discover the sex of your baby.



Delayed clamping of the cord

Once your baby is born, if they are well, then we can delay the time to clamp and cut the cord as it is shown to be beneficial to their health.

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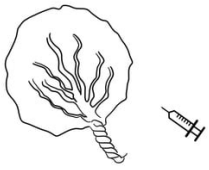
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Just After Birth continued...



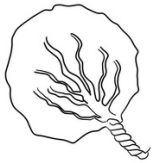
Birth Partner to cut cord

Would you like your birth partner to cut the umbilical cord?



Oxytocin for birth of placenta

After your baby is born, if there is a risk of haemorrhage, we recommend an injection of syntometrine in your thigh (or syntocinon if you have high blood pressure) for the delivery of the placenta. The midwife or obstetrician will then assist you in the delivery of the placenta. This has been shown to reduce total blood loss.



Natural birth of the placenta

Delivery of the placenta without medication (called physiological placental delivery). This process relies on your body's own oxytocin production. You birth the placenta yourself using mobile positions and pushing if you feel the urge and it can take up to 1 hr after the birth of your baby. Please discuss this further with your midwife as it is not considered safe in all circumstances.



Keeping placenta

Please let us know if you plan to take your placenta home. Your midwife will provide you with a suitable bag & your birth partner should take it or ensure private collection immediately. Discuss with your midwife in antenatal appointments.



Donate cord blood



Choose this option if you would like to donate you placenta to the National Cord Blood Bank. Cord blood is rich in stem cells, which are used to treat life threatening diseases such as leukaemia.

More Information : <https://www.nhsbt.nhs.uk/cord-blood-bank/>

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Just After Birth continued...



Vitamin K injection

Newborn babies are at risk of developing a rare bleeding disorder call Haemorrhagic Disease of the Newborn. Choose this option if you would like your baby to have vitamin K (Phytomenadione) via an injection to help with this deficiency.

More Information : Please see page 28 in your antenatal notes and discuss with your midwife.



Oral Vitamin K

Newborn babies are at risk of developing a rare bleeding disorder call Haemorrhagic Disease of the Newborn. Choose this option if you choose to have vitamin K (Phytomenadione) in oral drops. This will be given via a syringe into your baby's mouth, with the 1st two doses in the 1st week & a 3rd one followed up at 1 month

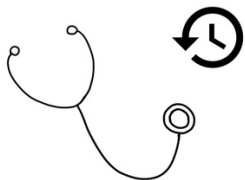
More Information : Please see page 28 in your antenatal notes and discuss with your midwife.



No Vitamin K

If you opt for no vitamin K, the St George's protocol is for parents to discuss this with a paediatrician after birth. We will always support you in an informed decision.

More Information : Please see page 28 in your antenatal notes and discuss with your midwife



Delay baby checks

Time in skin to skin and often the first feed is usually prioritised before performing baby checks. Occasionally the checks are performed earlier if there are concerns about baby. Please discuss further with your midwife.

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Just After Birth continued...



Skin to skin

Skin to skin is encouraged immediately at birth as it assists with the physiological processes associated with placental delivery as well as kick starting baby's reflexes for feeding and regulation of temperature/blood sugar/breathing/heart rate and many other systems. Baby is placed on your bare chest & dried by your midwife at the point of birth. It is vital that where possible, skin to skin is with the mother or birth parent for the first hour.



Birth partner to try skin to skin if I can't

Skin-to-skin has many benefits to you and your baby. In some rare circumstances where where this may not be possible with the mother or birth parent, we will encourage your birth partner to have skin to skin time.

More Information: <http://www.unicef.org.uk/babyfriendly>



Feeding



I would like to breast/chest feed

Breastfeeding or chestfeeding is a natural way to feed your baby. We advise this feeding method as it can help to prevent childhood disease and many other benefits. Speak to your midwife about online resources/classes in order to prepare in the lead up for when your baby born. It is really important to learn how to attach a baby to the breast before you give birth.

More Information:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/the-first-few-days/>



<https://www.laleche.org.uk/beginning-breastfeeding/>



I would like to bottle feed

If you would like to feed your baby formula from a bottle, please ensure you have the correct equipment at home to safely prepare a feed. You will need to bring your own supply of ready made formula milk to hospital with you (we advise bringing small 100ml bottles). Please ensure it is 'first infant milk'. Speak to your midwife for more information.

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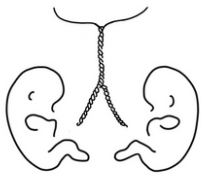


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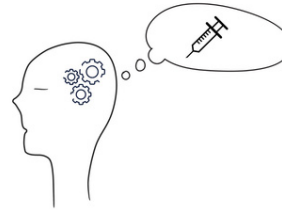
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About you



Multiple birth

If you are expecting more than one baby your care will be with your specialist team at the Fetal Medicine Unit. Please discuss your birth preferences with them.



Fear of needles

Trypanophobia is an extreme fear of medical procedures involving needles. Let us know if you feel that this is something you need support with.



I am hypnobirthing

If you are hypnobirthing & you would prefer your midwife to use alternative words please write them here.



We have experienced loss

Let us know if you have experienced loss & you wish to share your thoughts with your midwife.

About me - write in the circles

A fun fact about me...

Use this space to write a couple of fun facts about yourself which you may wish to share with your midwife..

I am most excited about...

Positive affirmation can be a very powerful visualization tool during labour. Complete this space if there is anything you are excited about and wish to share with your midwife.

I am most worried about...

Use this space if there are any specific concerns weighing on your mind. Please write them here & talk them through with your midwife.

Induction of labour makes me feel...

An induction of labour (IOL) is offered to keep you & your baby safe. Please write any thoughts you'd like to share if you have been offered an IOL.

A Leaflet about Induction <https://www.stgeorges.nhs.uk/wp-content/uploads/2013/05/Induction-of-Labour-PING-approved-May-2020.pdf>

A Short video about Induction <https://youtu.be/GvMM7q34TXY>

My birth partner prefers to be called...

Your midwife will be interested to know who your birth partner is. Please write their name here.

The pronouns my birth partner and I use are...

You might like to be called He, She, They, or your partner may have preferences. Complete this space to share what your preferences are.

My cultural and religious needs are...

Complete this space if you have cultural/religious traditions which may be of importance to you and your family.

Baby will be sibling to...

We would love to hear all about your lovely family. Fill in this circle to share their names.