

DEFINITIONS

Golden Hour: The first hour after birth with uninterrupted skin-to-skin contact with the baby. During the golden hour, weighing is delayed, and newborn checks are either delayed or carried out quietly whilst the baby remains on the mum (or partner).

Monitoring: Continuous monitoring uses ultrasound waves to monitor the baby's heart rate throughout labour. This may be recommended for women with complex pregnancies. Your midwife can also check the baby's heart rate intermittently using a Pinard stethoscope or Doppler.

3rd Stage: This is when the placenta is birthed. You can either give birth to this naturally (physiological 3rd stage) when the cord has stopped beating or, depending on your birth preferences, you can have a hormone injection. This will make your womb contract and then the midwife will cut the cord after 1-5 minutes and deliver the placenta for you (active 3rd stage).

Vitamin K: A group of vitamins that the body needs to help with normal blood clotting. This is offered for the baby as a single dose via injection or oral drops given twice in the first week and then again at one month.

Electrocardiogram (ECG) dots: ECG dots are attached to the skin, which are connected to an ECG machine via leads to record the heart electrical activity, this helps the anaesthetist monitor your heart rate in theatre. If these are placed on your back, better skin-to-skin contact with the baby after birth is achieved.

Cannula: A small plastic tube inserted in a vein (usually in hand) that can be used to administer drugs to speed up labour, intravenous fluids or anti-sickness medication.

Pain relief: Good support and a birth environment including using water and adopting different positions can help you cope with the pain of labour. Further pain relief options are available when you are in labour. A TENS machine uses an electrical current to stimulate your body to produce endorphins. Gas and air (Entonox) is a mixture of nitrous oxide and oxygen you breathe in through a mask or mouthpiece to provide short-term relief. Pethidine is an injection into your thigh or buttock, which takes around 20 minutes to work but can last 2-4 hours. An epidural (only available on delivery suite) is a local anaesthetic administered into your back by an anaesthetist, it takes approximately 10 minutes to set up and a further 10-15 minutes to be effective pain relief.

- Home birth
- Midwife led unit
- Delivery suite
- Water birth
- Induction
- Caesarean birth



YOUR BIRTH PREFERENCES


A PLACE TO HIGHLIGHT WHAT IS IMPORTANT TO YOU



YOUR BIRTH PREFERENCES

Your preferences are important to us. Depending on the clinical situation on the day, we may recommend alternatives to your indicated preferences



Who will be with me when I give birth and their role: 



Low light



Own music



Minimal talking



Hands off



Use touch/massage



Suggest pain relief



Don't offer I will ask



Happy with a student



Remain mobile



Suggest positions



Use water



TENS machine



Gas & air



Suggest equipment



Pethidine



Epidural



Continuous monitoring



Intermittent monitoring



Cannula in left hand



Cannula in right hand



Delay cord clamping



Cuts the cord



Physiological 3rd stage



Active 3rd stage



To tell me the sex



Breastfeed



Bottle feed



Golden hour



Skin-to-skin



Expressed milk



Vitamin K drops by mouth



Vitamin K injection

Additional Considerations for Theatre



ECG dots on my back



Skin-to-skin




With me in theatre



Religious/Cultural needs



Communication needs

 Add anything else that is important to you/Which language do you want people to talk to you in?