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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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## Preparing for your Homebirth

### Women's Health



This leaflet is intended to give you additional information to that received from a healthcare professional.

## PREPARING FOR HOMEBIRTH

This leaflet aims to give you some assistance in planning your homebirth. The community midwifery team finalise arrangements for your homebirth once you are around 37 weeks pregnant. It is not advisable to have your baby at home before 37 weeks of pregnancy are completed.

Your community midwife will arrange to visit you at home to assess the birthing environment and finalise your plans for labour and birth. The midwife will also complete the notification of intention for home birth to ensure that the on call midwife has all relevant information about yourself including pregnancy details and directions to your home etc.

You may wish to discuss the following:

### Contact Numbers

- You will need to phone the Maternity Triage as soon as you think you are in labour on 01932 722361. The midwife will assess whether the community midwife needs to visit you at home, and will contact the appropriate community midwife accordingly. The midwife who attends may not be a midwife you already know. A second midwife will be called out to assist around the time of birth

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk)

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community midwife will arrange to visit you again either later that day or the next day, depending upon the time of birth. Your community midwife will arrange further postnatal visits with you

## FURTHER INFORMATION

Maternity Triage	01932 722361
Community Midwives Clerk	01932 722413
Home Birth Support Group	<a href="http://www.homebirth.org.uk">www.homebirth.org.uk</a>
NHS Choices	<a href="http://www.nhs.uk/mypregnancy">www.nhs.uk/mypregnancy</a>
Birth Choice UK	<a href="http://www.birthchoiceuk.com">www.birthchoiceuk.com</a>
The National Childbirth Trust	<a href="http://www.nctpregnancyandbabycare.com">www.nctpregnancyandbabycare.com</a>
Association of Breastfeeding Mothers	<a href="http://www.abme.me.uk">www.abme.me.uk</a>
La Leche League	<a href="http://www.laleche.org.uk">www.laleche.org.uk</a>

## On call arrangements

- Depending on the time of the day, the midwife may be on call from her own home, or out in the community carrying out her daily duties. Please ensure you give enough notice to allow for the midwife to obtain equipment from the hospital and travel to your home, taking into consideration traffic etc. There may be a change-over of midwives during your labour. This is to ensure that the midwife caring for you is within a safe level of working hours
- If you feel your baby is going to be born before the midwife has arrived at your home, dial 999 and ask for a paramedic ambulance. If you have time, also phone the Maternity Triage midwife for verbal assistance on 01932 722361

## Care in labour

- The midwife will bring equipment with her, such as gas and air cylinders and resuscitation equipment etc
- Your baby's heartbeat will be monitored at regular intervals throughout your labour using a handheld Doppler
- The midwife will assess your progress and wellbeing by checking your baby's position abdominally, performing vaginal examinations, and checking your pulse and blood pressure with your consent
- There are usually two midwives present at the time of birth, there may also be a student midwife present – please let us know if you do not wish to have a student present

## **Your birth plan**

- This includes your wishes for pain relief. Your midwife can advise you about hiring a birthing pool or a TENS machine. Pethidine is not available for home births.
- You may wish to discuss in advance how you would like to manage the third stage of labour, and whether you would be happy for your baby to have a vitamin K injection after the birth

## **Where you are going to give birth in your home**

- Is there space for the midwife to assist you? It is advisable to ensure easy access to the telephone. The midwife will discuss which areas of your home would be most appropriate for the birth

## **Preparation**

- Protection for your room (e.g. plastic sheeting, inco-pads) – especially for carpets, your bed, the side of your bed or sofa - wherever your baby is going to be born
- Care of any other children or pets whilst you are in labour. Dogs need to be shut in another room
- You will need to ensure your home is easily identifiable by the midwife, e.g. at night put on house lights, house number or name is easy to see, or arrange for an adult to meet the midwife at the door, gate or nearest accessible tarmac road
- Ensure there is parking for the midwife and access for an ambulance if required

- Heating for your home. You will need to ensure that the house is heated to comfortable temperature at the time of the birth. Your baby needs to be kept warm after the birth so you will need some warm towels to dry and wrap the baby
- A good light source will be needed, like an angle poise lamp, in case of the need for stitches after the birth. It is a good idea to have a torch available too in case of a power cut
- You will need to provide items such as sanitary towels, old clean towels (which may get soiled), thermometer, plastic bin liners, and of course refreshments

## **Transfer into Hospital**

- If not already discussed, the reasons for possible transfer to hospital if there are any complications will be explained
- Transfer into hospital would be by ambulance, and this would be arranged by the midwife attending you. You should discuss with your midwife how long this would take
- You should have a bag packed in case of the need to transfer to hospital

## **After the birth**

- The midwife will carry out a preliminary check of the baby after he/she is born. Within 72 hours a specially trained midwife will perform a medical screening examination. This is not usually done at weekends
- Your midwife usually stays with you for at least one hour after the birth, to ensure all is well before she leaves. She will leave contact numbers with you should you have any concerns. The