

Birthing Options

- **Homebirth Service**

You can choose to have all your care in the community, supported by the community midwifery team, including access to all screening activities. For women with low risk factors and an uncomplicated pregnancy, research hasn't found any differences in the safety of having a baby at home or in hospital.

Having your baby at home means that:

1. You are in familiar surroundings with all the comforts of home
2. Your partner can remain with you throughout the whole of your labour
3. You are more likely to have a completely natural birth
4. Pain relief will be available in the form of gas and air and pethidine but an epidural won't be possible
5. You may need to transfer to hospital during labour if complications occur

- **Care in the Community with Birth in the Birth Centre**

Antenatal care will be provided in the community and the community midwifery team will support labour care. The Birth centre at Hope Hospital is on the third Floor of the main maternity unit. There are five single rooms (two with en-suite facilities) and one with a pool, which can be used for pain relief or birthing your baby.

- Many women find this facility reassuring and remain calm and relaxed due to the homely environment
- Your partner can remain with you throughout the whole of your labour
- You are more likely to have a completely natural birth
- Pain relief will be available in the form of gas and air and pethidine if required but you would not be able to have an epidural
- Similar to a home birth, you may need to transfer down one floor to the Consultant Delivery unit if complications occur or you require an epidural

- **Obstetric or Midwife-Led Care with Birth on the Consultant Delivery Unit**

For some mothers Consultant delivery unit care will be the safest and most appropriate type of care. Hope Hospital has five birth rooms, two with en-suite facilities, plus a dedicated maternity theatre.

- You can choose any type of pain relief, including epidural
- If problems occur everything is to hand and you would only have to move rooms should you need a Caesarean Section as the theatre is close by
- Research tells us that having a baby on a consultant unit may mean you are more likely to have medical interventions such as electronic fetal monitoring, induced or accelerate labour (drip)

All mothers have the opportunity to have a consultation with an obstetrician at least once during their pregnancy, wherever they choose to give birth.

The maternity unit at Hope Hospital has a well equipped newborn intensive care unit within the building for babies who are born needing specialist support. If your baby requires this facility, accommodation is available if you wish to stay.

An outreach team of neonatal nurses support families who need it when their baby is discharged home.