

Submission  
No 17

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I am a survivor of obstetric violence, experienced during the birth of my first baby at hospital in 2018. I went for a trial of forceps in OT, I had asked for pain relief and the anaesthetist said no, my only other option was General anaesthetic and caesarean section. The OT nurse then gave me oxygen and lied and said it was "gas", only admitting it was O2 when I stated I knew it was. The anaesthetist refused to give me pain relief prior to the forceps.

During the forceps I was physically restrained, my arms were held down and my legs were held down and forced apart while I lay on the bed. I screamed STOP STOP due to the immense pain of the forceps going into my vagina and pulling out my baby. The pain was so extreme I felt like I was going to pass out and die from it. After the forceps I had extensive vaginal tearing and underwent a very painful 40ish minute repair with inadequate pain relief. Again on requesting pain relief the anaesthetist stated "this is not an anaesthetic case anymore" he turned and moved away from me.

I was diagnosed with PTSD related to birth trauma from this experience. No one should experience birth trauma, birth should be positive and empowering. I was physically assaulted during my sons birth, experiencing obstetric violence that's changed my life forever.