

Submission
No 133

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

To whom this may concern,

I'm writing today to let you know about our experience birthing our first born. From the moment I got into the hospital I felt as though everything was out of our control and believed that my husband and I had no say or choices in what was happening. After our traumatic experience I did some research and realised that we do in fact have choices and you don't need to feel bullied as soon as you enter into the hospital system.

The hospital that I went to birth in told us that I needed to be induced at 38 weeks as my last scan showed that I was going to have a big baby. My doctor convinced me that if I waited any longer I was risking brain damage for my baby if he got stuck (due to his size). Once I arrived at the hospital they went straight into breaking my waters without explaining what that involves and moments later I was on the oxytocin drip.

Within minutes I was having contractions that were doubling and left me no time to rest in between. This led to me asking for pain relief much sooner than I had wanted as I couldn't catch a break. When the anaesthetist arrived she told the nurse to slow down my drip asap as she could do the epidural as I was having no breaks. After this things calmed down. However the doctors and nurses instead on doing a vaginal exam every time they came around. I was progressing but slowly. At this stage the obstetrician began to quiz me as to why I hadn't got the covid vaccine.

For 3/4 of my pregnancy the advice was for pregnant women to not get the vaccine so I decided to stay away from it for the remainder of my pregnancy, just to stay on the side of caution. However he thought that was ridiculous. A lovely midwife had to step in and explain how inappropriate his line of questioning was. Then a few hours later the doctor said we needed to go into theatre to try a forceps delivery or emergency c-section. No one explained what was happening and we had faith in that these people had our best interests at heart.

After ending up having an "emergency" c-section, I was heart broken to find out that it was just because my labour wasn't progressing fast enough and they wanted us out of the birth suite. I've lost all faith in the medical system for birthing babies and believe we would've been much safer staying at home. We have every intention on having a home birth next time.