

Submission
No 150

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 1 August 2023

Partially
Confidential

I received good care while pregnant, but I did feel that there was no choice in most things, such as having to do the glucose test, and the gbs swab. Even when I questioned, the response was that it should be done in order to protect my baby.

During my labour, the issues I had was there was no guidance from my midwife. Even when I asked if I should push, there was no response. The most traumatic was after giving birth and needing to birth the placenta, there was no warning, just very rough and forceful pushing on my uterus to get the placenta out while I tried to continue holding my newborn. When a doctor came in to stitch up my second degree tear, I was offered to use gas or have a local anesthetic. I chose the gas, but later learned I wasn't using it correctly so I felt every stitch. I was obviously in pain, but nobody did anything or asked me to reconsider my pain management.

My son was a tiny baby because I was induced at 37+2 due to a bleed. We stayed in the hospital for 4 nights because he was a low weight. We had to see a lactation consultant who didn't have much new information to offer. They wanted us to stay longer, but there wasn't much monitoring happening. Thankfully one midwife allowed us to leave because my son's weight was over the low weight threshold.

Overall, I had an ok experience, but there are a few things I would have liked to have gone differently.