

Submission  
No 209

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

First baby, due 20th of July 2022. Apart from morning sickness the length of the pregnancy everything was good. On Friday the 22nd I spent most of the day on an exercise ball as I felt uncountable anywhere else. I could feel my body changing. Later that night after going to the toilet, I felt my undies become wet. I changed them and tried to go to the toilet again but there was nothing. This went on for an hour before I put a pad on. I called the hospital as I was told to do if I thought my waters were braking. I was told to call back in a few hours to see if anything changed. I did this and because it was still only small amount was told to call back in the morning. Once I called in the morning I was told it was more then likely just discharge and because I live 45 minutes from the hospital not to bother going in to get checked.

I questioned myself and told myself to trust the midwife because she has done this a lot more then me. I spoke to my mum as I was meant to see her that day, she was with her good friend that is a midwife. They both told me it was up to me what I did but I should get checked out. I called the hospital again and once again the same midwife answered and quickly told me that I would be setting myself because I was so far along and that was it. Being emotional and already questioning myself I gave up. My husband and I had a party that Saturday night 23rd in where the hospital is. We booked a room in so we would be close to the hospital, I had had a couple of exhausting days and didn't want to be far from him if anything happened. Still wearing pads and wetting though them faster and faster I promised I would call the hospital again Sunday morning. And again Sunday morning I was told by the same midwife it's probably nothing, my husband gave my the push to ask to get checked and tell them we were in so they couldn't tell me I was to far away and I was told there was no need. By now I was tired, sore and thinking I had no idea what was going on. I spent Monday telling myself I was fine and over reacting.

Tuesday night I couldn't sit still but was very tired, I could not get to sleep. I woke up around 1am on Wednesday morning with heaving spotting. I didn't want to call the hospital again to be dismissed so I waited to see if anything else was happening. I called the hospital and got a different midwife, she asked questions and listened to me. She suggested I take some photos of the blood to keep tract of it and to try to go back to sleep for a couple of hours and call back but with the plan to come in first thing in the morning. After calling around 3am the midwife told me to have a nice long shower, get into some comfy clothes and head in. Half way to , I started having connections, every 4 minutes for around 2/3 minutes. We were at the hospital about 4am. The midwife took me straight to a room, put a special pad on and went to grab a monitor.

After the monitor had been on the midwife asked if I knew I was having contractions. I thought they had stoped. I went to the bathroom and saw what I thought was meconium so I called for my husband to get a midwife. I new midwife came in, who didn't say her name, as I showed her she said 'but your waters haven't broken' as she went to walk out the door. It was clearly meconium. I snapped and told her that I had called Friday night (it was now Wednesday). She closed the door and we heard her run down to the front desk. It was hand over time so it had been very loud with chatting and then nothing. I knew I had been right about my waters braking and should of believed in myself. Soon another midwife came in and introduced herself. She checked things over and said my Obyn was on her way to see someone else so she would come and see me. Before this stage everyone had said that babies heart rate was a little slower then it should be but not to worry.

After seeing my Obyn that I had been seeing for the pregnancy she said she wanted me started on oxytocin straight away. Within 15 minutes we were moved to the birth room. I was hooked up to the drip and still the heart rate monitor. Because I had to be on these I had to get help each time I wanted to move. I couldn't shower. I tried the exercise ball but it affected the monitor too much. I was stuck laying in the bed, where the contractions felt most painful. After upping the oxytocin twice the contractions started going for too long. The baby's heart rate was still dropping. At 11.30 the midwife checked me, she rang my Obyn who was already doing a Caesarean to let her know. I knew something was really wrong. When the midwife left the room to call the Obyn I spoke to my husband and said we are going to have to have a caesarean, something is wrong with the baby. When the midwife came back in to other people followed her. It was the anaesthetist and his assistant. In minutes I was on the operating table getting told our baby may be taken away to be worked on and my husband would go with them. Luckily our baby boy came out screaming at 12.37pm.

The next 24 hours were a mental challenge for myself. I believed I didn't birth my baby, then I couldn't move to pick him up to feed him or change him. I couldn't pick him up to hug him. I then had trouble feeding him. The midwife that ran out when I had meconium, told me that if my baby didn't get something to drink soon he would need formula and ended up giving him water in a syringe. I ended up thinking my baby didn't love me and only wanted my husband. My husband helped me overcome this but I doubted myself every time I fed.

In closing I should have trusted myself about my body. If I had stood strong and gone to get checked out I would not have ended up going through what we did, we may have had a natural birth and put our baby under stress.