

Submission
No 282

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 15 August 2023

Partially
Confidential

My pregnancy was considered 'high risk' the whole way, due to being a twin pregnancy. I felt like one of the lucky ones having had IVF for endometriosis and getting a successful pregnancy. When I reached 37 weeks I was induced due to reduced fluid and general movement. I had no real understanding of what being induced really was like. They did an agonizing cervical check and then placed the drug internally. I spent the whole night scared and worried. In which I told the midwives - who just offered me a sleeping pill. The start of labor after my waters were broken seemed to be fine. I had calm music and 'got in the zone' as the midwives said. The real pain then started to kick in fast and debilitating. I was not informed that they were increasing the drugs to cause contractions at such a rapid speed. I couldn't handle the gas - it was doing nothing for the pain and nausea. So I then had an epidural at around 3pm.

My waters were broken at 8am. After the epidural I was vomiting and feeling extremely sick. They gave me a drug for nausea which increased my vomiting. When I told staff I cant stop vomiting the response was - 'that's great for the pushing'. Reaching full dilation I was surrounded by men (not how I imagined my birthing situation), pushing for three hours my twins were stuck. One coming up, one coming back. I accepted my fate of heading to emergency C- Section. That's were the trauma increased for me. It started off ok and they topped up my epidural and everything seemed to be ok. When they started to operated that's when things didnt seem right. I started saying I don't feel good, I started to drop in and out of consciousness. Each time I came into consciousness the surrounding nurses 'would say its all fine' or 'stay with us'. I would yell that I cant breathe.

I felt like I was drowning and so cold. The intense shaking and still vomiting. My husband was by my side completely overwhelmed and frightened having the babies just thrown to him. After the c-section was finishing up even the OB was yelling to me 'stay with us'. It was absolutely terrifying. When they showed me the babies I struggled to even connect what was happening. The nurses then commented that I would be getting something to help me 'feel better'. Which later I found out was basically adrenaline. They had overdosed me and no- one admitted fault or really explained what happened. The OB later said that maybe an allergic reaction had happened. He also commented how disappointed he was about the situation. I was never really given any answers or any phycological assistance after. I felt extremely traumatized later - getting constant flashbacks and nightmares about that operating table and being induced.

I think women need real care for birth trauma, it is something that will always remain and is a constant when looking at your child.