

Submission
No 394

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I gave birth on March 7 2023, at [REDACTED] public hospital.

When I got to the hospital, no one from the team I prepared with was there. I was also sent back home even though my contractions were 4 and 1 apart. I had decided to have no cervical checks on my birth plan, but I was coerced into having one if I wanted to be admitted. This then led to multiple more checks when I came back 10 hours later.

However all that prep and birth plan and hiring a doula was not needed as the hospital did not even respect my choices. They went against everything I wrote in my birth plan. It was like I wrote it and spent time on it and it was wasted.

I was made to feel rushed and that I was on a schedule "birth now or we will get the equipment" I kept getting threatened. They gave me an epidural, hormones, broke my waters, used negative language, made me push my baby out when I had chosen to breathe him out, an episiotomy instead of naturally tearing, and an operation to remove my placenta.

One of the worst moments for me was when they had discovered I had a vaginal septum. They wanted to cut it while I was giving birth, and if it weren't for my doula she stopped them from doing it and asked them to stretch it to the side.

When the baby came out the dr took 3 tries to unwrap my baby's umbilical cord from his neck she was so violent, it could have lead him to have injury, I also wanted to keep baby on me and left him feed and she kept telling me I urgently need to go into surgery even though I waited 2-3 hours later so I could have had the opportunity to birth my placenta if I was left peacefully. For months after birth I kept remembering her putting her fist in me to detach my placenta.

After the birth the dr kept saying my anatomy doesn't allow for a vaginal birth? After I birthed from my vagina ! And that next time I give birth I need to think about induction and epidural before I come to the hospital.

After birth I made a complaint about the dr and they said to me her language was misunderstood by me because of her culture. I made it clear it was her attitude and it had nothing to do with her having English as a second language. They kept forcing the idea that as a first time mum this is the way it usually goes.

After the removal of my placenta I was sent to the ward and I was lying in my own blood, I needed water to drink and a shower and it took the nurse over an hour to come check on me and then when I went to shower the shower head was broken and I was too tired to lift it up to clean my self.

I demanded to go home as I felt unsafe at the hospital and wasn't provided discharge till 10 hours later and made to feel guilty or like I was putting my baby at risk because of choices I had made prior to the birth like delaying Hep B vaccine to 6 weeks and giving oral vitamin K.

There were so many things that happened that I can't take back, even though I'm thankful I have a healthy baby and I recovered but I will never forget the way I was treated.

That I was made to feel that if I didn't accept their interventions then there was no way me and the baby would come out alive. And I doubt that was the case.