

Submission  
No 329

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 15 August 2023

---

Partially  
Confidential

I have birthed both within the private and public hospital system. Both times I have suffered a traumatic experience for different reasons.

My first birth in the private system i had a horrible OB who always made me feel silly and uncomfortable for asking a number of questions during my pregnancy appts. He also did a stretch and sweep without my consent. I only figured out this a long time after talking to other women about what a stretch and sweep was. I was told he would just checked to see if i was dilated but i was in so much pain during it it brought me to tears and the next day i went into labour. He also didn't let me push my baby even though I got to 10cm and the midwife on duty said she could see the head and my OB was running late still 20 mins away and i said "can you deliver my baby" and the midwife said "no he (OB) wouldn't like that". So i was told to wait and resist the urges to push and bear down until my OB got there. By the time he got there i had worked myself into such a panic that pushing became very difficult and scary and ended up with excruciating hemorrhoids which then affected my breastfeeding journey as I was in so much pain I couldn't sit for 6 weeks. I could go on and on with my treatment during labour but I will just leave it at that.

For my 2nd birth i was pregnant with twins and thought i would go the public system as i never wanted to experience what i had experienced with the private system. I was pregnant during COvid in 2020 so I was not aloud to have my mum with me during the birth only my husband. I had written in to the hospital to specifically request lenience as i was having twins and therefore needed twice the support. Especially since i had experienced a traumatic first birth and was having anxiety leading up to the twins birth. the request was denied. I ended up having c-section as hospital wouldn't allow me to have a natural birth as one twin was breech. we e the c-section i was in a lot of pain I continuously felt like i was being pun it in the stomach over and over. I ended up having a side effect from a bad spinal tap where i had intense migraines for 4 weeks post birth due to spinal tap fluid leaking out and affecting pressure in my head. my mental health suffered greatly as i had no help overnight my husband was n allowed to stay and was not enough staff to help overnight. i was alone post c-section unable to move and trying to care for 2 babies whilst in so much pain. It was a horrible experience and one that makes me never want to have to go to hospital again. It has tainted my view of the whole medical system to be honest.

ache

ahh