

Submission
No 544

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I fell pregnant early 2021 and had my son in November 2021. When I fell pregnant my BMI was 38.1, this put me in the obesity category by .1... after asking my midwife if I required any more scans after the 20 week scan, she replied with no. Later when I got to 32 weeks she asked me where my growth scan was. I explained that she not only told me that I didn't require anymore scan but also she hadn't provide me with the referral form. By the time I had the growth scan it was 2 weeks behind and the second one was as well. At the second growth scan there was not enough anaemic fluid left so they could not scan him accurately resulting in them scanning his stomach smaller then the first scan. My midwife then sent me for an appointment at the hospital which they then told me my baby could be growing fine, no longer growing or shrinking and the best thing to do was to be induced. At this moment no one would confirm if he was engaged yet and I was told a c section would not be considered.

They booked me in for the induction and I went in per their instruction. I had the balloon inserted the night before and was told of the process from here. When I went down to the birthing suit the next morning none of the process was explained to me. There was no confirmation received on how far dilated I was or how ready my body was. I had a midwife and a student midwife in the birthing suite, the midwife was rude, didn't consider helping to make me comfortable. She said in the contractions were too much she would reduce them, when asked to reduce them she said no just keep going and not in an empathetic way. I wanted to go in the bath and when pain relief was requested she provider morphine without explaining that I could then not get in the bath. When I said I either need to poo or have a baby she told me to go sit on the toilet and then went for her lunch break. It wasn't a poo, it was the baby and I got stuck on the toilet for many intense and close contractions. I ended up throwing my weight off the toilet and gave birth on my hands and knees on the bathroom floor.

While pregnant I kept telling myself millions and millions of women have done this, it can't be that hard, well that was naive thinking. After giving birth I started thinking how were women put on this earth to go through that. Why do we need to go through that pain. I have lost a lot of respect for men and feel sorry for women.

I don't know if other women enjoy giving birth but I never want to experience that pain again. I experienced postpartum anxiety and depression and my mental health has taken a major toll on me. So much of me wishes I never went through it but those thoughts makes me hate myself because I have a beautiful boy that I now could not live without.