

Submission
No 548

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Having been pregnant with my first baby through IVF and deciding to go private I thought it was great at the time. I was low risk the entire time and had no complications. Come my 39 week appointment my OB started throwing “still born” around, and constantly recommending and advising I get induced due to a suspected “big” baby. This scared my husband which filtered down to me. Even though she knew I wanted everything to be natural. Then at 40 weeks I was stressed constantly, not sleeping well (I knew this was a strategy) and I just couldn’t shake it off. I ended up going for an induction at 40+1 because I was so stressed I didn’t know what to do anymore. I stayed positive and I had a few good midwives, but ONE midwife basically raped me when checking my cervix.

I can say this because when the previous midwife checked me, yes, it was uncomfortable, but I was able to breathe through it. The next midwife on the other hand forcefully shoved her fingers in me to the point where my body wouldn’t allow my legs to open and I couldn’t even speak properly because it hurt. Not only that, everything she touched that had to do with me like changing and flushing out the needle that was in my hand hurt like hell. I thought my veins were going to explode. Anyway, fast forward to the labour. It was obviously intense pretty quickly since I was on syntocinon. I didn’t get to enjoy the gradual effect of a natural labour and as a first time birther, my body obviously wasn’t ready for this which is why women tend to have a long first labour. Now because I was mentally ready, but wasn’t Physically ready, I was listening to my OB and pushing when she told me to (I didn’t want to), but I made sure I was breathing deep and properly so my baby wouldn’t end up distressed.

Mind you, I wasn’t fully dilated yet, but she basically made me push while she pushed my cervix over his head. I accepted the use of ventouse because I was so exhausted from forced pushing. When his head finally came out her hands went in to “help” his shoulders come out with the next few pushes. Then I wonder why I ended up with a 3rd degree tear and a torn urethra. And while I was in hospital for 1 week complaining about my bottom, with no nurse, midwife or my OB to give me a reason, mind you, it took me 5 mins to get out of the bed how much pain I was in. Then at my 6 week check when I mentioned it again to my OB, she said I may have fractured my tailbone, like what the heck! If I knew this was possible, I wouldn’t have stayed in the hospital that long because the hospital bed made it worse.

There’s probably more, but I’m trying not to relive this. Private is the worst. I want another baby, but DEFINITELY not going through private with everything they do being timed. Eff that! I mentally had a good experience because I’m strong like that, but physically I was abused. And this was a non medicated birth, just saying.