

Submission
No 605

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

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I was induced at [REDACTED] hospital on the Thursday.

I didn't have any complications during my pregnancy as a first time mum.

The only reason I was being induced was due to being 41 weeks pregnant.

Using prostin gel under gas was the method of induction I received. Ever 6 hours from 9am that morning. It was excruciating!

I was then taken back to my room. Over night the pain of the induction was overwhelming. I had asked the night nurses 4 times for pain medication and wait d over 2 hours for it. There was little to no checking in on me besides checking my temperature and blood pressure.

Friday morning I was taken to birthing unit to have my waters broken by the hook. My midwife came in and introduced herself, a student nurse with her. She explained that she will break my waters now. Did not offer any pain management. Before the procedure I refused to have it done without gas as induction was not manageable without it so I knew this also would not be painless. She was hesitant until my partner also advocated for pain management. I had my waters broken under gas. I was overcome with pain. After i immediately asked to get into the shower where I sat and vomited due to the pain.

I was in labour almost immediately. I sat in the shower for 2.5 hours. Then was given morphine. I then laboured for over 8 hours in the bath. My midwife was less than up to standard. She would yell at me to be quite and stop crying out in pain. She made jokes to my support people about me. I begged for the epidural and she said no multiple times. When finally I said I will not ask again to which she said "don't tell the doctor you have been asking for so long as it will make me look bad." I felt invalidated and taken advantage of Humiliated and hurt by her treatment.

I had the epidural and was 9cm dilated. I lay on the bed for another 4 hours. I had 3 nurses and a doctor than do a vaginal examination on me all in the space of 10 mins. To be told by the doctor that my baby is too big and I will need an emergency c section. I was overcome with emotions.

I was rushed to theatre where I was topped up with my epidural. I immediately went into shock, I vomited all over myself and the theatre floor. The whole procedure I was shaking uncontrollably with a fever of over 39 degrees. My jaw was tense and chattering, my neck was stiff and I was in and out of consciousness.

My baby was born! 9 pounds ! He was taken over to the resuscitation table and given oxygen. I continued to go on and out of consciousness. I was not able to hold my baby or advocate for myself let alone stay awake properly. I then fell out of consciousness to come to and my epidural had stopped worked. I screamed out in agony. They were stitching me up, I could feel everything ! They quickly put me under the mask and I went to sleep. My placenta was taken to their labs. I did not consent to this.

My baby was born Saturday at 1.31am - I didn't not get to see him again until 4am.

My partner was asked to leave. I was alone in a dark room, I couldn't move, I couldn't stay awake properly. My baby sat beside me in the hospital crib, crying. I could not reach the help button. No nurses came to check on us. I reached over and rocked his crib back and forth crying. He did not get to try and breastfeed because no one was there to help me. My partner slept in our car while I lay there immobile after a traumatic birth.

I was finally given a private room so my partner could stay with me. We travelled over an hour to get to hospital. I was unable to breastfeed during my time in hospital. I was asked for help to express colostrum. The night nurses told me to learn to do it myself. I didn't know how to do this. My baby was crying as he was hungry! I asked for formula. They told me I should breastfeed. I felt defeated. I finally got my partner to get formula from the nurses at night and he fed our baby.

I was not explained to how birthing would go after I had my waters broken. No one explained to me after why my epidural stopped working. I was left for 2 days immobile wearing the same gown I had vomited all over. I was degraded and humiliated by the midwife who was supposed to be helping me during labour. I have nightmares of being cut open and of my baby starving to death.

I can not see myself having another child anytime soon. This is my story.