

**Submission
No 1336**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Anais Roth

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It all started a week before I actually gave birth. I was already overdue so the doctors decided to get me induced. A date and a time was chosen.

We went to hospital at 6 am as requested, waiting about 6 hours, on a chair (40+4) pregnant, to be told to go home as they don't have the capacity to induce me.

This happened 3 times in a week. The 4th day, same again, I said no I'm not going home. I waited on a chair, from 6 am to 7pm. I finally got induced.

The induction went relatively well, the poor midwife was barely with us as she had to deal with too many births at once. I finally gave birth after 5 hours, and got a 3rd degree tear so immediately was sent for surgery. The trauma comes in the days after birth. The pain, that I was in, was out of this world. The hospital was so under staff, my partner wasn't allowed to stay at night, but no one would help me. They kept me 5 days, with no help, no assistance, until I decided to leave myself because I felt I was gonna die if I have to spend another no sleep night by myself in so much pain.

The lack of help, support, absolutely destroyed my first month of being a mum, I was in such bad form that it took me a month to recover.

I had to beg for an iron transfusion as I lost lots of blood, they gave it to me on day 5.

I had one of the worst tears possible and no one comforted me to a physio, I had to do that myself.

This was my first time being a mum, I suffered from postnatal depression and I know it's because of the horrible start that I had, I never managed to recover from birth, took me at least 6 months.