DEFINITIONS

Golden Hour: The first hour after birth with uninterrupted skin-to-skin contact with the baby. During the golden hour, weighing is delayed, and newborn checks are either delayed or carried out quietly whilst the baby remains on the mum (or partner).

Monitoring: Continuous monitoring uses ultrasound waves to monitor the baby's heart rate throughout labour. This may be recommended for women with complex pregnancies. Your midwife can also check the baby's heart rate intermittently using a Pinard stethoscope or Doppler.

3rd Stage: This is when the placenta is birthed. You can either give birth to this naturally (physiological 3rd stage) when the cord has stopped beating or, depending on your birth preferences, you can have a hormone injection. This will make your womb contract and then the midwife will cut the cord after 1-5 minutes and deliver the placenta for you (active 3rd stage).

Vitamin K: A group of vitamins that the body needs to help with normal blood clotting. This is offered for the baby as a single dose via injection or oral drops given twice in the first week and then again at one month.

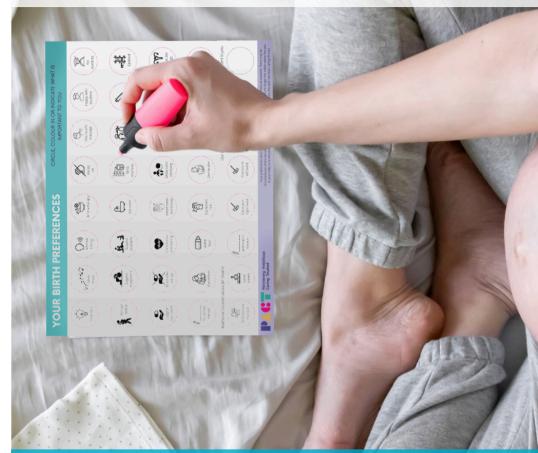
Electrocardiogram (ECG) dots: ECG dots are attached to the skin, which are connected to an ECG machine via leads to record the heart electrical activity, this helps the anaesthetist monitor your heart rate in theatre. If these are placed on your back, better skin-to-skin contact with the baby after birth is achieved.

Cannula: A small plastic tube inserted in a vein (usually in hand) that can be used to administer drugs to speed up labour, intravenous fluids or anti-sickness medication.

Pain relief: Good support and a birth environment including using water and adopting different positions can help you cope with the pain of labour. Further pain relief options are available when you are in labour. A TENS machine uses an electrical current to stimulate your body to produce endorphins. Gas and air (Entonox) is a mixture of nitrous oxide and oxygen you breathe in through a mask or mouthpiece to provide short-term relief. Pethidine is an injection into your thigh or buttock, which takes around 20 minutes to work but can last 2-4 hours. An epidural (only available on delivery suite) is a local anaesthetic administered into your back by an anaesthetist, it takes approximately 10 minutes to set up and a further 10-15 minutes to be effective pain relief







YOUR BIRTH PREFERENCES

A PLACE TO HIGHLIGHT WHAT IS IMPORTANT TO YOU



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Who will be with me when I give birth and their role:











Suggest pain relief massage





Don't offer I will ask









TENS machine





Suggest equipment











Cannula in left hand



Cannula in right hand



Delay cord clamping







Active 3rd stage







Golden feed hour











Additional Considerations for Theatre











Add anything else that is important to you/Which language do you want people to talk to you in?