

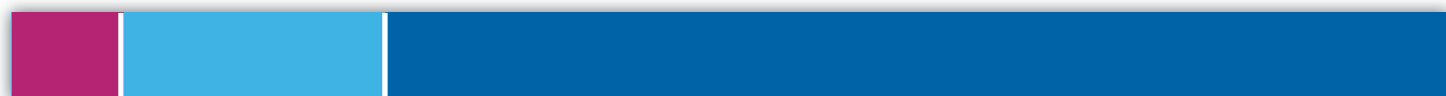
# Maternity Services

We're here for you from the very start of your pregnancy through to the birth of your baby and beyond.



## Natural caesarean section

Caesareans are major abdominal surgery but we try and encourage a few steps of the process to be more natural



● **26% of our patients deliver by caesarean section.**

● **Around 30% of those will have a planned caesarean.**

### Safety of mother and baby is always a priority; but we could do the following things:

- Dimming the lights when the baby delivers
- Quiet voices or music for the baby to hear at delivery
- Allow the cord to stop pulsating naturally
- Let the baby deliver under its own steam as much as possible
- Skin to skin as soon as possible after delivery
- Your partner can cut the cord.

There are many combinations of the above and some of those may make the birth experience more enjoyable and less stressful.

- The Royal College of Obstetricians and Gynaecologists do not support vaginal seeding by swabbing the vagina as there is currently not enough evidence to presume benefits outweigh potential harm.
- 10% of women who plan an elective caesarean, will come in early before to their caesarean date; and other women have an unplanned caesarean (14% of all women).
- We can still perform elements of a natural caesarean, as long as there is no fetal or maternal compromise.