

Will I have to go to hospital?

If there are any complications you will be asked to transfer to hospital.

How do I arrange a home birth?

Speak to your midwife who will be able to discuss home birth in more detail with you and answer your questions.

Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.



**Bridgewater
Community Healthcare**
NHS Foundation Trust

Bridgewater Midwifery Services

Information about home birth



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© Version No: BRIDGE00072 – October 2018 to October 2021
reviewed by Bridgewater Lay Reader Panel

Quality first and foremost

Home birth – your choice

This information leaflet has been produced to answer the commonly asked questions women have when considering the option of home birth.

The information contains details regarding:

- The safety of a home birth
- The practical issues to consider
- How a home birth can be arranged.



Who can have a home birth?

Any woman can request to have a home birth. However, there are some instances when a home birth may be unwise and your midwife or doctor can discuss these with you.

Why have a home birth?

You may have your own personal reasons for choosing a home birth, such as:

- It feels right for you
- You need to feel safe, secure and in control
- You have had a previous bad experience in hospital or fear of hospitals
- You need to avoid unnecessary intervention and focus on normal childbirth
- To assist you in the establishment of breast feeding
- Less disruption to your family life, particularly to your other children.

Who will be there?

A midwife will attend any woman choosing to have a home birth.

Midwives are experts in normal pregnancy, birth and care of you and your baby following birth.

A second midwife will attend your home as your labour advances to ensure two midwives are there for the birth.

Is it safe?

Evidence suggests that a planned home birth is safe for women who have not had complications in their pregnancy.

Women labouring at home tend to be more relaxed, feel in control and are able to cope with their contractions.

Many women also report a feeling of higher satisfaction with their birth experience when compared with those women who have given birth in hospital.

What types of pain relief can I use?

Women who labour and deliver at home report needing fewer drugs for pain relief.

However, you will have access to gas and air (entonox). Cylinders will be delivered to your home when you are 37 weeks pregnant.

You may also wish to consider other types of pain relief, such as:

- A transcutaneous electrical nerve stimulation machine (TENS)
- Aromatherapy
- Hypnobirth and water.

Please ask your midwife if you require further information.