

Your birth story

Having a caesarean birth under
general anaesthetic



We have given you this booklet because you had a caesarean birth while under general anaesthetic. As you weren't awake for the birth of your baby, we have put together this booklet to provide you with all the details surrounding their birth.

We hope it will give you a better understanding of what happened before and after your baby was born. If you have any further questions or concerns about your birth story, please speak to your midwife or obstetrician.

For your midwife to complete:

Your name: _____

You had a caesarean birth under general anaesthetic because:

Your baby's birth details

Name:

Date of birth:

Time of birth:

Place of birth:

In one of our operating theatres (D level, Princess Anne Hospital)

Other: _____

Birth weight:

During your baby's birth

Who was present at your baby's birth?

The following people were in the operating theatre when your baby was born:

- your midwife:

- a student midwife (a midwife in training):

- an obstetrician (a doctor who is specially trained in performing caesarean births):

- an anaesthetist (a specialist doctor who is responsible for sending you to sleep and keeping you safe during your baby's birth):

- a paediatrician or an advanced neonatal nurse practitioner (ANNP) (medical professionals who care for babies who need extra support):

Other people involved in your baby's birth were:

- a neonatal nurse (a nurse who cares for unwell and/or premature babies)
- a theatre nurse (a nurse who supports obstetricians by providing supplies and instruments during surgical procedures)
- an operating department practitioner (a vital part of the operating theatre team who assists the anaesthetist and ensures medication is ready)
- a theatre healthcare assistant (a healthcare professional who assists the theatre nurse with equipment and helps transfer people back to their beds)

Was there music playing?

Yes/No

Song: _____

After your baby's birth

Your baby's umbilical cord was cut at _____.

Your baby was then carefully given to your midwife, who along with members of the neonatal team, assessed their wellbeing. We have included a summary of the care your baby received in the box below:

How we cared for your baby

While you were in recovery

When did you wake up from the general anaesthetic?

You woke up at _____.

Who was with you?

Recovery nurse:

Other healthcare professionals:

What happened during your time in recovery?

We have included a summary of the care you received during your time in recovery in the box below:

For you and your partner to complete:

Meeting your baby

When did your partner first meet your baby?

Your partner first met your baby on _____
at _____.

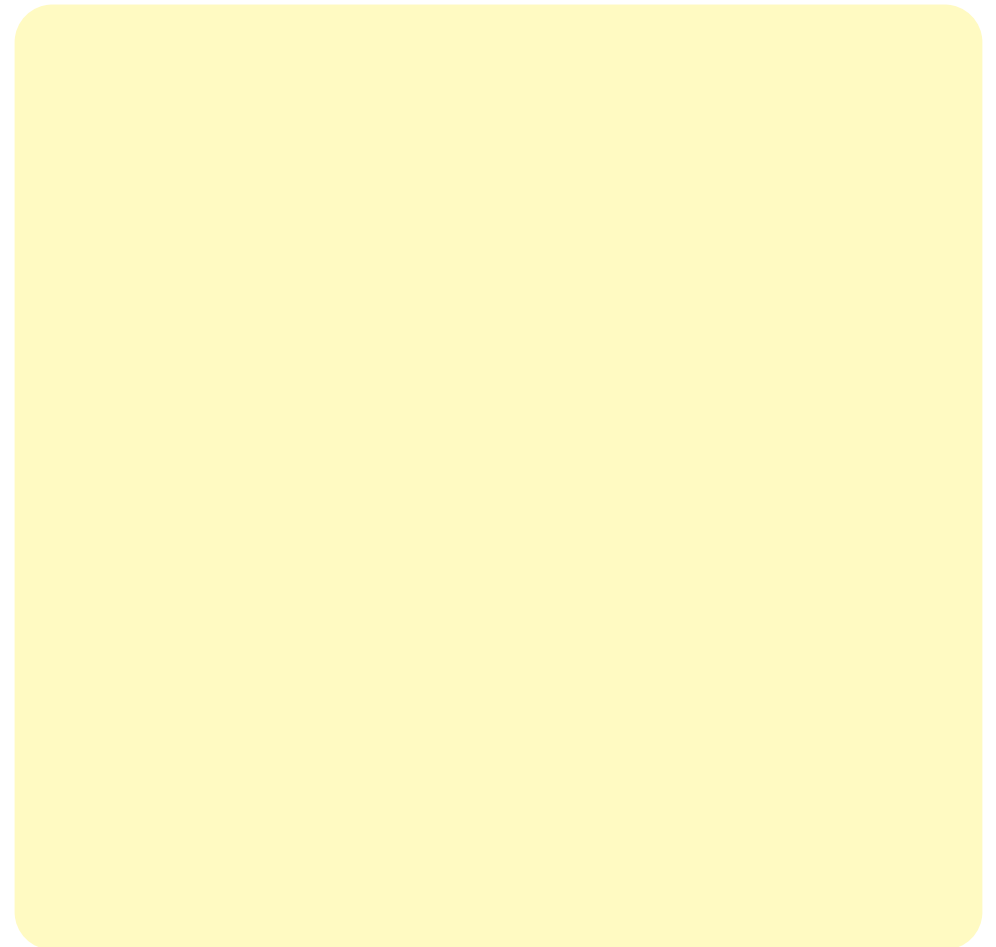
We have included the space below and the next page for **your partner** to add any photographs or make any notes of what they can remember from their first meeting with your baby.

A page for your partner's photos (optional)

When did you first meet your baby?

You first met your baby on _____
at _____.

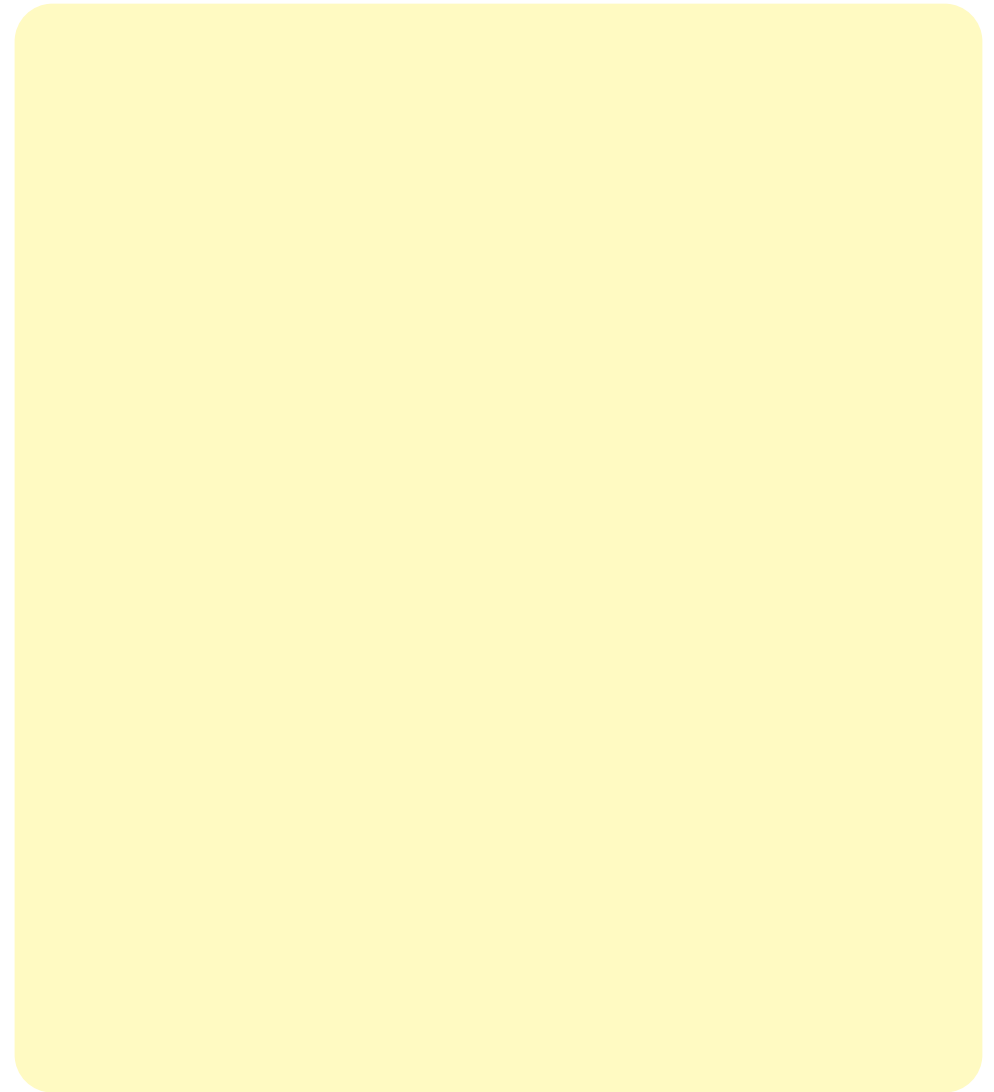
We have included the space below and the next page for you to add any photographs or write notes about your first meeting with your baby. Alternatively, you could ask your partner, your midwife or a relative or friend to write something down for you at the time.



A page for your photos (optional)

Your baby's first 24 hours

We have included the space below for you to add any photographs or write notes about the first day you spent with your baby. For example, you could record who visited you or how often your baby fed.



Support services

Maternity infant feeding team

If you need feeding support during the first couple of weeks after your baby's birth, please contact our maternity infant feeding team using the number below. If the team are unable to answer your call, leave a voicemail with your name, number and a short message and a member of the team will get back to you within 48 hours. You may be offered a face-to-face, telephone or video consultation.

Telephone: **07786 267584** (Monday to Friday, 10am to 1pm)

Birth reflections service

Birth reflections is a midwife-led listening and debriefing service which provides you with an opportunity to:

- reflect on your birth experience
- explore the care you received during pregnancy, labour, birth or immediately after your baby was born
- ask any previously unanswered questions

For more information about our birth reflections service or to book an appointment, please contact the team using the number below.

Telephone: **023 8120 6834**

Neonatal family care team

If your baby has been admitted to the neonatal unit, you can receive further help, support and advice from our neonatal family care team. This is a small team made up of a neonatal nurse and a clinical psychologist.

The team can:

- provide both practical and emotional support for you and your family
- support you in meetings with your baby's medical team
- provide you with links to community support services
- offer advice on how to introduce your baby to their siblings

If you would like more information about the neonatal family care team, please speak to your baby's nurse, or contact the team using the number below.

Mobile: **07827 271166**

Neonatal infant feeding team

If your baby has been admitted to the neonatal unit and you would like support with feeding your baby, please contact our neonatal infant feeding team using the number below.

Telephone: **07920 184353**

Useful links

The Birth Trauma Association UK

The Birth Trauma Association UK is a charity that supports all women who have had a traumatic birth experience.

Website: **www.birthtraumaassociation.co.uk**

Healthier Together

Healthier Together is an online platform that contains resources which have been developed in partnership between parents and healthcare professionals from across Dorset, Hampshire and the Isle of Wight to help improve the quality of care for children and young people in the Wessex region.

For more information on birth trauma, please scan the QR code below:



Website: **www.what0-18.nhs.uk**
(or download the Healthier Together app)

General anaesthetic caesarean support group (Facebook group)

This Facebook group has been created by a group of women who have also had a caesarean birth under general anaesthetic. This group is not connected to University Hospital Southampton NHS Foundation Trust, and we cannot take any responsibility for its content.

Useful apps

Baby Buddy

Baby Buddy is an app that helps parents build their knowledge and confidence during the transition to parenthood and throughout the early stages of parenting.

Website: www.bestbeginnings.org.uk/baby-buddy

Mush

Mush is an app designed to unite local mums and mums-to-be based on their children's ages and interests. For more information about this app, please visit their website.

Website: www.letsmush.com

The DadPad

Developed with the NHS, the DadPad gives new dads and dads-to-be the knowledge and skills needed to gain confidence and give their baby the best start in life. The DadPad 'essential guide for new dads' is also available as a paper booklet. Please ask your midwife for a copy.

Website: www.thedadpad.co.uk

Your feedback

This booklet has been developed as part of an initiative which seeks to improve the experience of those who have had a caesarean birth under general anaesthetic. We would be grateful if you could complete a short and anonymous feedback survey. This will help us to adapt and further improve the booklet. You can access the survey by scanning the QR code below or by visiting: <https://gthr.co.uk/11dd>



Thank you for your time and valuable contributions.

This booklet was created in collaboration with women who have also experienced their own caesarean birth under general anaesthetic. We are grateful to them for sharing their birth experiences and stories with us.

Information adapted from Nottingham University Hospitals NHS Trust with kind permission.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

www.uhs.nhs.uk

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Version 2. Updated July 2023. Due for review October 2025. 3285