

Birmingham Women's NHS Foundation Trust
website (on line access to leaflets and Trust
information) www.bwhct.nhs.uk

**Association for Improvements in Maternity
Services, (AIMS)**
www.aims.org.uk/
AIMS Helpline - Phone 0300 365 0663

BirthChoice UK: www.birthchoiceuk.com

National Childbirth Trust (NCT)
www.nct.org.uk

Pregnancy and Birth Line
Phone 0300 3300 772

Breastfeeding Line
Phone 0300 3300 771

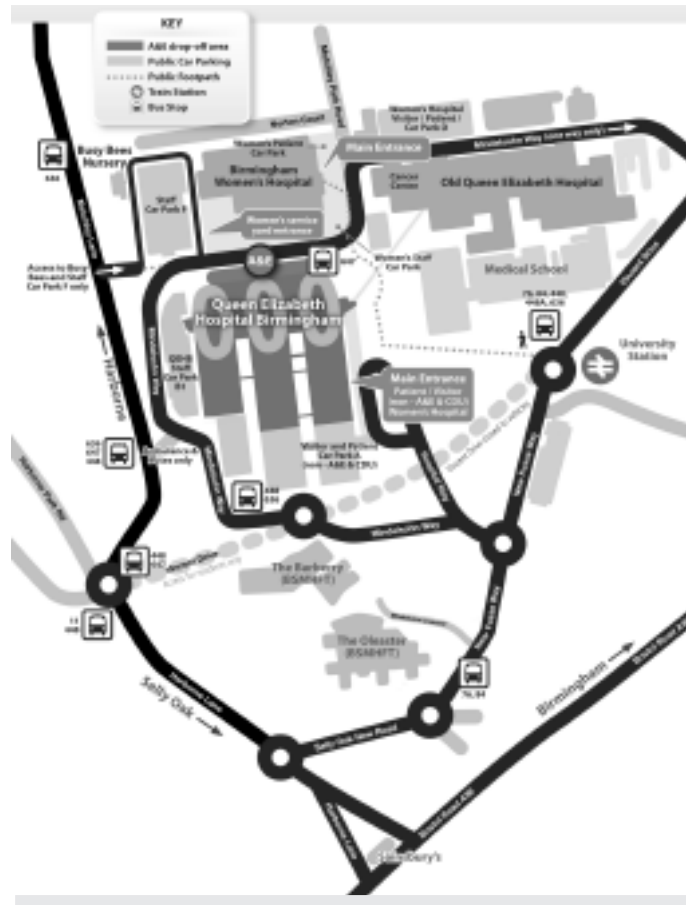
Enquiry Line
Phone 0300 3300 770

Home Birth website
www.homebirth.org.uk

NHS Direct www.nhsdirect.nhs.uk
Phone 0845 4647.

NICE
www.nice.org.uk
CG55 Intrapartum care:
[Understanding NICE guidance p.4](#)
Further in depth information available
[CG55 Intrapartum care: quick reference guide](#)
p 4 and 21-23

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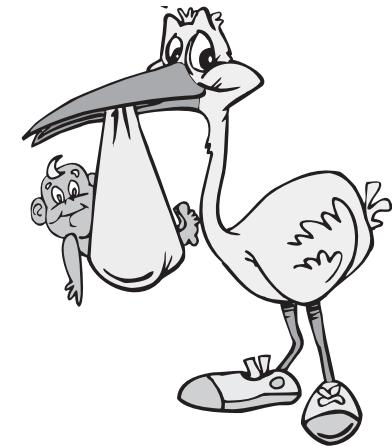
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NHS Foundation Trust

Your Choice for Place of Birth



Patient Information

Wherever you give birth our aim is to
provide a maternity service that is
responsive to your needs.

Where can I have my baby?

The decision about where to have your baby is personal and based upon many factors. This leaflet is designed to provide an overview of the three options, but should not replace an in-depth conversation with your midwife or health practitioner.

Where to give birth - the options:

- Home
- Midwife-led Birth Centre
- Consultant-led Delivery Suite

For the majority of women pregnancy and birth are normal life events and generally very safe for you and your baby. There are, however, important factors that need to be thought through when making your decision. Where will you feel most comfortable, relaxed, confident, safe and secure? You do not have to decide straight away where you would prefer to give birth and you can change your mind, even while in labour! As your pregnancy progresses your midwife, consultant or doctor will discuss this with you further.

Home Birth

For healthy women with an uncomplicated pregnancy, who expect to have a normal birth, home birth is an option. You will be supported by community midwives whose area of expertise is the care of women with a normal healthy pregnancy and labour.

Evidence shows us that for healthy women who plan to give birth at home there is a higher likelihood of a normal birth, and you may be less likely to need assistance with the birth of the baby.

Some reasons women give for choosing a home birth are greater privacy, increased comfort and feeling more relaxed in their own surroundings.

Considerations:

Your midwife will discuss with you options for pain relief and information about home birth to help you when making your choice.

You may decide to hire or buy a birth pool to use for the labour and/or the birth. If any problems arise during the birth or you change your mind about being at home, your midwife will support you and arrange for you to be transferred to the hospital.

There are several home birth support groups in the local area that provide information, support and advice. If you would like more information, please speak to your midwife.

Midwife-Led Birth Centre

We are proud to offer a purpose-built birth centre, located next door to the Delivery Suite. It is well established having been open for 4 years. Care is provided by midwives whose expertise is the care of women with a normal healthy pregnancy and labour. Women who choose to use the Birth Centre should have had a problem-free pregnancy with no medical concerns, and would be expected to have a normal birth.

Your midwife will discuss options for pain relief including aromatherapy and a birthing pool.* Again evidence suggest as for home birth, that there is a higher likelihood of a normal birth, and you may be less likely to need assistance with the birth of the baby.

Considerations:

The Birth Centre offers an alternative option to a home birth if you would prefer to give birth to your baby within a home-like environment in the hospital.

If medical help is needed at any time, or additional pain relief, you can very easily be transferred next door to the Delivery Suite.

Consultant-led Delivery Suite

You may prefer or be advised to give birth to your baby on the delivery suite, particularly if you have been booked for care with a consultant. This will be because you have either had problems in your pregnancy or might have problems during labour. It is where doctors may be involved with your labour and birth and provide assistance as required. A birth pool is also available*.

The Delivery Suite offers direct access to consultant obstetricians, anaesthetists who provide epidural pain relief, neonatologists (baby doctors) and other specialist care.

Considerations:

Care in the consultant led Delivery Suite may be the safest option for you to give birth to your baby if problems have been identified in your pregnancy. Your midwife or consultant will discuss these with you throughout your pregnancy, as the level of care that you need may change as your pregnancy progresses.

* Use of Birthing pool and Aromatherapy subject to availability and individual clinical need / suitability.

Please do not hesitate to speak to your midwife or doctor for any further information or queries that you may have.