

Birth story from Karin sjostedt-monery

Hi everyone, I gave birth to a daughter, she was born 4 in the morning on Wednesday.

We had an appointment at the Newham Hospital on Monday, when they gave us a time for induction on Saturday (that we decided not to do anyway). The doctors were worried that I was one week delayed. In the hospital they scanned the fluid around Baby, and monitored her heart, which was all fine.

The morning, Tuesday, I woke up with contractions that continued the whole day and the following day. I tried to rest and eat and drink, and phoned Arlene (or she phones me) about 3 times a day, just to say nothing yet, nothing regular yet.

On the evening of Wednesday, I had a gush of blood, still no regular contractions. We phoned the midwife, and she came over to check, and I also phoned Arlene. Arlene said don't worry, it is the music plug. The midwife checked the baby's heart and everything was ok, so she left again.

About 30 min later, about 11, another gush of blood, and I didn't know what to think again. This time Arlene was right again, it was Baby's head moving down in my pelvis. We phoned the midwife back, and she wanted us to go into hospital to monitor the baby, but the baby showed no sign of distress so we decided against. We knew that if we went into hospital that would be it, no homebirth or anything that we wanted.

After that my contractions speeded up, and when Arlene came over it was nearly 1 o'clock, past midnight, and I had strong contractions. I allowed the midwife to do one internal examination, and she said I was 5 cm open. Hurray, I could go into my pool!

Then it all went quite quick, and she was born at 4 o'clock.

I had no tearing, and my body seemed to know what to do all the way.

I had asked for a physiological third stage, but after 2 hours the placenta hadn't come out. So in the morning, we followed the midwife's suggestion and went into hospital to have it removed.

They gave me an epidural and the doctor gave me 3 stitches internally for a tear, to stop bleeding.

They were also worried about my blood pressure that had gone down. So they kept me over the day, and wanted me to stay over the night for observation.

So in the end we discharged ourselves. That meant they immediately withdraw all medical care. They didn't want to give me a prescription for antibiotics that they have started to give me, and everyone just stopped being nice to us.

Personally, I could not see the point just staying over the night to see if I would bleed more, or if my blood pressure would drop again. I just needed masses of food and sleep, and wanted to do that at home.

I never imagined I would be able to give birth to her in the way I wanted, and the actual birth felt so much less painful than the 2 days with contractions. I was surprised how in control I felt, and that my body just knew.

I used no pain relief. The breathing was great, all the yoga was great. I did not sit at my birth ball once. I think my sense of my body helped a lot, and I had all the tools to put myself in the most helpful positions. Also of course, Arlene as my doula was fantastic, otherwise this would not have happened at all.

Her weight is 4,2 kg, and we are doing well. I am trying to get the hang on breast-feeding, and are getting very used to bossing others around for drinks and food...

