

Welcome to theatres

Information for mothers-to-be

Theatres

As part of your birthing plan theatres would like to make your birthing experience as enjoyable as possible.

We understand that you are to deliver your baby by Caesarean section, also known as a C-section. This involves a completely different environment to that of a natural birth.



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As a team we aim to make your birthing experience a relaxed, supported and pleasant one.

To enable us to do this we would like your input into how we can personalise your time with us.

This can be achievable through the following:

- Talk to us about your expectations and fears.
- Ask any questions you may have.
- Let us know what sounds you would like to hear via a Bluetooth speaker.
- Theatres use the 'Silent Cockpit Rule'. This allows for quietness and less disruption in the theatre.
- You can opt to see the birth of your new-born if it is deemed appropriate.
- Allowing your birth partner to be more involved in the experience if they want to, for example, cutting the cord or taking pictures.
- Skin-to-Skin contact with baby is encouraged.

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"WE CARE"

WELCOME: We will make you feel welcome and supported whilst in our care.

EXCELLENCE: We strive for excellence in delivering safe and effective care by competent practitioners.

COMPASSION: We act with compassion showing empathy and understanding to the needs of our patients.

ADVOCATE: We will act as your advocate and raise concerns on your behalf during your time with us.

RESPECT: We will always treat all our patients with dignity and respect, be polite and courteous whilst valuing your diversity.

ENVIRONMENT: Throughout your stay, your care will be provided in a clean and safe environment.

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Contacts

Labour Ward

0121 507 4184

Antenatal Clinic

0121 507 4386

Further Information

NHS Website

Caesarean Section

<https://www.nhs.uk/conditions/caesarean-section/>

Tommy's

C-sections – everything you need to know

<https://www.tommys.org/pregnancy-information/giving-birth/caesarean-section/c-sections-everything-you-need-know>

(Websites accessed 03 August 2021).

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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Incorporating City, Sandwell and Rowley Regis Hospitals
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ML6531
Issue Date: April 2022
Review Date: April 2025