Choices for place of birth

**Home birth**
Give birth in the familiar surroundings of your own home with the support of a midwife

**Labour Ward**
For Women who require close medical attention or who are considering an epidural

**Midwifery-led Unit**
Home-like experience in the hospital environment
Information for patients

This leaflet provides you with information to make an informed choice about where to deliver your baby.

There are three options:

Home birth

The benefits of a home birth are:

- You are more likely to feel relaxed and in control in your own environment
- You will have an increased sense of privacy and the use of your own facilities
- You will have midwifery care supporting you at home during your labour

If you require stronger pain relief for labour or wish to have an epidural you will require transfer to hospital

If an unexpected complication arises during labour or with the afterbirth you will be transferred to hospital by ambulance

A home birth is not recommended where there are complications, such as:

- High blood pressure
- Concerns about the size of the baby
- Prior to 37 completed weeks of pregnancy
- You have a medical condition
- The baby is breech (bottom first)
- You have previously had a caesarean section

This list is not exhaustive and there may be other conditions which may affect either you or your baby, consequently a home birth would not be recommended.

If you are considering a home birth please discuss with your midwife even if you are uncertain whether home birth is an option for you.
Midwifery-led Unit

Hillingdon midwifery led unit (MLU) is a standalone unit co-located in the maternity unit, where the obstetric, neonatal and anaesthetic care are available should they be needed.

The benefits of a MLU are that:

- Your care is provided and led by the midwifery team, however should you medical assistance, this is available nearby
- The surroundings are relaxed and home-like
- You will have access to water birthing pool for labour and birth if you choose

If you require stronger pain relief or choose to have an epidural you will need to be transferred to labour ward.

If you or your baby develops a complication you will be referred to the doctors for medical assistance.

If you have discussed with your midwife about choosing the MLU you can contact them directly to assess you once you think you are in labour. If you are uncertain about where you want to give birth contact triage or the MLU and they will help you to decide.
Labour Ward

Labour ward is the place for you if you have a complex pregnancy or an existing medical condition, or if the baby may require any additional assistance immediately following the birth.

The benefits of delivering on a Labour Ward are that:

- Your care is provided by a variety of health professionals that includes midwives, obstetricians, anaesthetists, paediatricians and support staff.
- The multidisciplinary team work in partnership to provide care that will include regular professional review.
- Within labour ward there is maternity theatre a recovery and a high dependency room.

We will make every effort to meet your request where possible and make reasonable adjustments where we can.

Information Sessions

For more information on your birth place choice, there are information sessions held on Wednesday evenings and Monday afternoons.

To book your place, email: thh.hillingdonhomebirthteam@nhs.net

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<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wednesday 7.30 – 8.30pm</td>
<td>Antenatal Clinic, Hillingdon Hospital, Pield Heath Road, Uxbridge, UB8 3NN</td>
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<tr>
<td>Monday 1.30 – 2.30pm</td>
<td>Homebirth Hub, Oak Farm Children’s Centre, Windsor Avenue, Uxbridge, UB10 9PN</td>
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Who should I contact if I have a problem or question?

If you have any questions please talk to your midwife.

What should I do in case of an emergency?

For the MLU call 01895 279880 and for the Labour Ward contact Triage on 01895 279054.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.
Please contact: 01895 279973

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

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