



South Warwickshire
NHS Foundation Trust



YOUR PREGNANCY

Having a baby is a life changing experience whether it is your first, second or subsequent baby.

We want to ensure that you and your baby are in the best place at the best time for the best outcome

INFORMATION GUIDE TO HELP WITH YOUR CHOICE

Having a baby is an exciting time. Our team is here to guide you through all of your care choices and we aim to support you, whatever your needs, throughout your pregnancy, birth and in the first few weeks.

We offer maternity services at Warwick Hospital both in our Bluebell Birth Centre and Consultant Led Unit or our midwives will come to you at home, should you choose a home birth. Antenatal care is provided largely out in the community, ask your midwife for your nearest Community Hub.

WHERE TO HAVE YOUR BABY...

Planning on where to give birth is a very important decision that you will need to consider in your pregnancy.

If you and your baby are healthy, your pregnancy is at low risk of complications, and you have not previously had a caesarean, you should be able to birth in our Bluebell Birth Centre or birth at home. Intervention rates are lower for planned home and midwifery unit births supporting a 'normal birth' experience. Normal births means that you go into labour by yourself and give birth without assistance from instruments, without caesarean section and without general, spinal or epidural anaesthetic before or after birth. Women recover more quickly from a normal birth, are less likely to have complications following birth and are more likely to find they can establish breastfeeding. If your pregnancy is more complex your midwife will recommend that you birth on the Consultant Led Unit where doctors will be available if needed.



Homebirth with Community Midwives

Homebirth is an option for women who have an uncomplicated pregnancy. Birthing in a comfortable, familiar setting will help you to feel more controlled and relaxed. Having your baby at home will also increase your chances of having a normal birth with less intervention. Partners and siblings will be able to see the baby straight away and the family will remain together after the birth.

Bluebell Birth Centre

The Bluebell Birth Centre is the new alongside Midwife Led Unit at Warwick Hospital, is the newest birth facility in the area and will enable expectant parents to have their babies in a relaxed environment that offers home-from-home comforts, with the reassurance of having trained clinicians on site if needed. Offering four top of the range birthing rooms, with birthing pools available in all of them. Birth centres are very safe for low risk women, they increase the chance of having a normal birth with less intervention. Midwives are trained to detect if labour is not progressing normally and if there are any concerns about you or your baby's wellbeing you will be transferred to the on-site obstetric unit.

Consultant Led Unit

If you have a more complex pregnancy you will be advised to deliver in a consultant-led obstetric unit where doctors are more immediately available. The Consultant Led Unit at Warwick Hospital offers fantastic facilities, including a top of the range birthing pool.

Free-standing Midwife-led Unit

Whilst we do not offer this option at South Warwickshire NHS Foundation Trust, there are facilities available locally. The benefits of using a free standing midwife-led unit are similar to birthing at home and therefore we would encourage you to opt for a homebirth option if your pregnancy is low risk.

WHAT HAPPENS NOW?

We are committed to ensuring that mums have the best maternity care available and babies the best start in life. Therefore if you have a healthy pregnancy your midwife will automatically refer you to the Bluebell Birth Centre or suggest a homebirth as this is known to be a safer planned place of birth for both mum and baby. If your pregnancy is more complex, your midwife will refer you to Consultant Led care. There will be a sticker on the front of your maternity pack with your planned place of birth and the numbers to call.

We are happy to show you around our maternity unit, please ask your midwife for details.

Warwick Hospital Switchboard: **01926 495321**

Labour Suite: Ext **4552**

Antenatal Assessment Unit: Ext **4090**

Hospital Antenatal Appointments: Ext **4709**

Swan Ward (postnatal ward): Ext **4547**

The Bluebell Birth Centre: Ext **6973/6976**

Community Midwives Office: **01926 600040**

For more information please visit

www.swft.nhs.uk

