

- **Mush**

This app is designed to unite local mums and mums-to-be based on their children's ages and interests  
[www.letsrush.com](http://www.letsrush.com)

- **The DadPad**

This free resource gives new dads and dads-to-be the knowledge and skills needed to gain confidence and give their baby the best start in life. The DadPad 'essential guide for new dads' is available as a paper booklet - ask your midwife for a copy [www.thedadpad.co.uk](http://www.thedadpad.co.uk)

We understand that having a caesarean birth under general anaesthetic can be difficult for you and your partner. We hope that you will use the support services and resources available to help you if needed.



This booklet has been adapted from a resource used by University Hospital Southampton. This was created with women who have also had their own caesarean birth under general anaesthetic. We are grateful to those who have shared their own birth stories to make this possible.

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w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk)

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# Having a caesarean birth under general anaesthetic

## Your birth story



Maternity Services **Patient information**

w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk)

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## About

We have given you this booklet because you had a caesarean birth under general anaesthetic. This is because staying awake and having a caesarean birth under regional anaesthetic (spinal block or epidural) wasn't possible for you. We hope this booklet will help in providing you with details of what happened to you and your baby while you were asleep. There is also space for you to write extra notes. At the end of the booklet there are details about further resources and support.

## Your details

Your name: .....

## Why did you have a general anaesthetic?

- ☐ It was an emergency and your baby needed to be born quickly
- ☐ Regional anaesthetic wasn't possible. This could be because of your health. For example a blood clotting condition, infection, or issue with your back
- ☐ Regional anaesthetic was performed but not fully working
- ☐ Other .....



## Further online resources

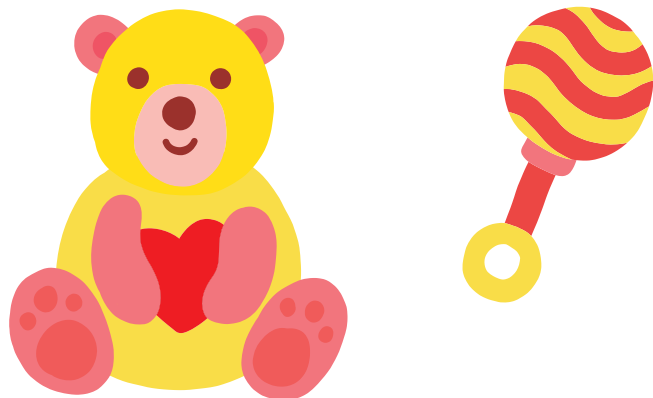
- UHD website**  
[www.uhd.nhs.uk](http://www.uhd.nhs.uk) ➤ our services ➤ Maternity Services
- Maternity matters Dorset**  
[www.maternitymattersdorset.nhs.uk](http://www.maternitymattersdorset.nhs.uk)
- Dorset Maternity and Neonatal Voices Partnership**  
 Dorset MNVP gathers feedback from local families and represents them within the local maternity and neonatal system. You can find out more at [www.maternitymattersdorset.nhs.uk/maternity-voices](http://www.maternitymattersdorset.nhs.uk/maternity-voices) or find them on Facebook at [www.fb.com/DorsetMaternityVoices](https://www.facebook.com/DorsetMaternityVoices)
- The Birth Trauma Association UK**  
 A charity that supports all women who have had a traumatic birth experience [www.birthtraumaassociation.co.uk](http://www.birthtraumaassociation.co.uk)
- Wessex Healthier Together**  
 Resources which have been developed in partnership between parents and healthcare professionals from across Dorset, Hampshire and the Isle of Wight to help improve the quality of care for children and young people in the Wessex region. [www.what0-18.nhs.uk/mental-health/maternal-mental-health/birth-trauma](http://www.what0-18.nhs.uk/mental-health/maternal-mental-health/birth-trauma)
- General anaesthetic caesarean support group**  
 This Facebook group has been created by a group of women who have also had a caesarean birth under general anaesthetic. (Not connected to University Hospitals Dorset NHS Foundation Trust and we cannot take responsibility for its content)
- Baby Buddy**  
 This app helps parents build their knowledge and confidence during the transition to parenthood and throughout the early stages of parenting.  
[www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)

**Other people involved in your baby's birth were:**

- ☐ A neonatal nurse  
(a nurse who cares for unwell and/or premature babies)
- ☐ A theatre nurse  
(a nurse who helps obstetricians by passing supplies and instruments during operations)
- ☐ An operating department practitioner  
(a vital part of the operating theatre team. They assist the anaesthetist)
- ☐ A theatre healthcare assistant  
(someone who helps the theatre nurse with equipment. They also help transfer people back to their beds)

## Was there music playing?

- ☐ Yes, song at birth
- ☐ No



## Your baby's first 24 hours

Details of the first day you spent with your baby:  
(You may wish to record who visited you, how often your baby fed,  
and attach any photos):

## Local support services

- **Labour Line** (for urgent queries)  
**0300 369 0388**
- **Poole community midwives office** (8am-5pm)  
**0300 019 2692**
- **Poole maternity unit queries** (5pm-8am)  
**0300 019 8509**
- **Birth afterthoughts 0300 019 8295**  
After you have had your final community midwife appointment, birth afterthoughts provides the opportunity for a birth discussion and to address any unanswered questions.  
<https://maternitymattersdorset.nhs.uk/support/trauma> to self-refer
- **Maternity counselling**  
**0300 019 8752** [maternity.counsellors@uhd.nhs.uk](mailto:maternity.counsellors@uhd.nhs.uk)  
A free confidential service for past and present maternity patients
- **Debrief clinic with an obstetrician**  
An opportunity to talk through your experience with an obstetric doctor. You may have already been referred for this clinic, but otherwise speak to a midwife/health visitor/GP to arrange this.
- **Infant feeding support and information from UHD**  
<https://padlet.com/AJBNHSUHD/IFS> **07789 849327**  
(Infant feeding team UHD)
- **Steps 2 Wellbeing**  
**[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)**  
Free NHS talking therapies service. Refer yourself online
- **Maternal mental health services**  
A specialist service supporting women experiencing birth related fear, trauma or loss. Your midwife, health visitor or GP can refer you.

## Your baby's birth details

Name: .....

Date of birth: .....

Time of birth: .....

Place of birth: .....

Birth weight: .....

## During your baby's birth

Who was present at the birth?	Name
Your midwife	
A student midwife (a midwife in training)	
An obstetrician (a doctor who is trained in doing caesarean births)	
An anaesthetist (a doctor who sends you to sleep and keeps you safe during your operation)	
A paediatrician or an advanced neonatal nurse practitioner (medical staff who care for babies who need extra support)	

## While you were in recovery

You woke up at:

Who was with you?

Summary of your care in recovery::

Your birth partner first met your baby at:

Your birth partner's memories of meeting your baby for the first time:

## Meeting your baby

You first met your baby at:

Your memories of meeting your baby for the first time, or memories of those who were with you at the time:

## After your baby's birth

Your baby's umbilical cord was cut at:

Your midwife and/or neonatal team checked your baby after birth. Details of the care your baby had after birth can be noted in the space below.

Summary of your baby's care immediately after birth: