

From: [REDACTED]
To: [Reproductive, Maternal and Paediatric](#)
Subject: My Birth story
Date: Sunday, 8 September 2024 8:14:02 PM

Hey guys I thought I'd email my submission of my birth story ☺

[REDACTED] I was induced at 6pm at the north west private hospital all was going well, 3 hours in and full contractions started! I was first told they weren't and have some morphine and get some sleep however I had no chance of this as contractions were 30-60 seconds apart. Eventually I was moved to labour and delivery where I tried hard for what I dreamed of and that was to be able to work and breath through my contractions but they just came on so fast and so quick I couldn't cope! I am I was given the epidural! The whole epidural experience was perfect and couldn't complain i even was able to breathe through my contractions I didn't feel a thing! My waters were broken and cervix checked I was 6cm we tried resting waiting for the final event but just couldn't as we couldn't wait. 5am rolls around and I'm 10cm my 2nd birth partner arrives who is also my best friend (she's now a student midwife at NWRH) they say we'll wait a few hours and let babies head drop down more so that's what we did. 7am and it's time to start pushing, having the epidural I had to push on my back even after asking if I could kneel on the bed as I did not want to birth on my back due to such a fear of tearing. An hour went by and baby's heart rate was hard to keep track of so the foetal electrode was inserted. Baby's head was right there and a head full of hair was showing with each push. Another hour of pushing goes by and no progress other than me falling asleep between pushing just to wake up on the next contraction. Another half an hour passes (2.5hrs pushing total) and the doctor decides it's time to intervene, episiotomy was cut and the forceps came out I felt everything, the episiotomy was nothing other than a sting but the forceps going in was very painful but nothing on what's to come! Next contraction I would see my baby! I push and the doctor pulls I let out a scream that my husband and my best friend say they can still hear, it was the most painful feeling I've ever felt made me feel sick to my stomach and my whole body tense up! They pull my baby up on to my chest but I couldn't care I was hurting so bad all I could think is maybe it's the placenta maybe that's why I'm still in so much pain! Minutes go by and they say the placenta is out I'm trying my hardest to show interest in my baby but my pain was just so bad! I still didn't understand why all I could do was grit my teeth and cry! In that time we found out our baby was a little boy! The midwives put him on my breast and a lot of the 40mins after his birth were a blur. I was told the horrible news that I was so scared of "you've got a bad tear and losing a lot of blood, I can't fix it you'll have to go to theatre" off to theatre I was wheeled within an hour of my sons birth, they used my epidural to numb me for the repair, I was on antibiotics and an iv drip and it wasn't long and I fell asleep due to exhaustion. 3 hours along and I wake hearing the words "yep it's torn through the sphincter" I knew exactly what that meant and my heart dropped! I was wheeled back to recovery and eventually the labour ward where I was told I suffered a 4th degree tear the worst degree of tear. I was so afraid to move that I would rip open I was afraid of my future and what I could face. All the staff were amazing my doctor was amazing and every single midwife I had put 110% care and effort into looking after me including love and hugs when they'd see me upset! The next morning I had the urge to go to the bathroom but could not and this feeling got worse and worse until I was in agony! The midwives rushed a bladder ultrasound machine to me to find I was holding 750ml of urine much more than a bladder is supposed to hold! After have a 3rd catheter put back in I was dealing with a stretch bladder and a 4th degree tear but in the end I had a very healthy amazing 9lb 8oz out of the whole ordeal and I wouldn't change it! The doctor explained to me why the decision was made to use forceps rather than an emergency c section and that I most likely wouldn't of walked away with a living baby if we had gone with the c section!

Fast forward a year and I've just been discharged from all specialists and am a rare case of being asymptomatic with no incontinence at all!

Thank you for reading my birth story

Regards,
Kali Heald

Get [Outlook for iOS](#)