

From: [REDACTED]
To: [Reproductive, Maternal and Paediatric](#)
Subject: Birth trauma submission
Date: Tuesday, 10 September 2024 2:04:36 PM

I'm writing to offer a submission regarding my own birth trauma and birthing experience.

I had my first child at 24 in [REDACTED] during this birth I was inexperienced and very scared. I didn't know what to expect. My waters broke and I had to be induced, the nurses started me on a drip that started labour. The pains started very quickly and within a short time I was in active labour, very soon after my midwife started suggesting I had an epidural.

I told the midwife I didn't want that but she said I was out of control and needed to get one. I kept saying no I didn't want one. I was actively labouring, the midwife checked me again and I was 5 cm dilated. I was in a backless hospital gown. The midwife kept telling me I needed an epidural and that I was out of control. I remember feeling very scared and the midwife made me feel like what I was feeling was wrong. She made me feel like something was going wrong.

Another midwife came and they put me in a wheel chair and took me into a birthing suit. I was screaming in pain and grabbing the bars of the chair. My gown fell off and the midwives just continued to wheel me, completely undressed through the public hall way. Once in the birthing suit more people appeared. It was doctors I think, they made me get an epidural.

The person putting it in missed two times before getting it in properly. It sent lightning strike pain through my body each time they missed. Today, 11 years later I still have back pain in the area they put the needed in.

My second birth was in [REDACTED] I was a part of the MGP program at the RHH.

My birth was very fast. From presentation to the birth it was two hours. My midwife was fantastic, I felt she was very supportive of both my husband and I. After I had my little girl, she was delivering the placenta. This is usually quite painless. I had the injection in my leg and could feel it had been delivered but I wasn't paying much attention. I was cuddling my baby. My midwife said "I'm really sorry, I have to do this and it's going to hurt" I was holding my baby laying down. The midwife put her whole hand and arm up into my vagina to manually grab parts of my placenta that had broken off. I had no drugs, no medication and no clue it was going to happen. The pain was worse than the birth. My husband grabbed my baby because I started screaming very loudly "stop! stop! What are you doing!" She said it was done and apologised but said it was necessary or I could have died.

I really liked my midwife and didn't want to make a fuss so I apologised for being loud. I know emergencies happen but I don't know what that happened to this day or if what happened to me was necessary. I remember the pain of that moment more than I remember my daughter's birth. It has made me forget her birth, my memory of that day is mainly of that moment.

My third and last birth was by far my worst. It was again an induction. My baby was over 10 pounds. My labour progressed well but my daughter got stuck in the birth canal. My labour started at 10am and by 530 it was decided I needed an emergency c-section. They told me I would be in surgery asap because my baby was in distress. That was at 6pm. They didn't deliver her until 11pm. They kept telling us "They must be really busy down there" I had panic attacks waiting so they covered me in ice. I can't even really talk about that one even now.

Since that birth I have developed a hernia. I wonder if it's from the pressure of her being

stuck.

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