How can I help to reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare
At your booking appointment and during pregnancy your Midwife will discuss where you plan to give birth.

Home birth is nationally supported for women with low risk pregnancies between 37 and 42 weeks of pregnancy (NICE 2014).

**What are the benefits of home birth?**

Home birth is linked with positive birth outcomes including:

- higher normal birth rates
- fewer assisted births (forceps or ventouse)
- lower caesarean section rates
- reduces risk of haemorrhage (heavy bleeding)
- less likely to have severe perineal trauma
- greater satisfaction with birth experience

Some of the reasons home birth has these benefits are:

- feeling relaxed in your own environment
- ability to move about as you wish
- likelihood of knowing the Midwife caring for you

Home birth is as safe as hospital for babies born to women in their second or subsequent pregnancy with 2 per 1000 (0.2%) having a poor outcome. There is a marginally higher rate of adverse outcome for babies born to first time mothers at home when compared to hospital or birth centre — 9 per 1000 (0.9%) at home versus 5 per 1000 (0.5%) in hospital/birth centre.

All Midwives attending home births are trained in neonatal resuscitation.

For more information go to:  
http://www.buckshealthcare.nhs.uk/birthchoices

**How do I book a home birth?**

Plans for home birth are usually confirmed at 36 weeks of pregnancy. Your Midwife will arrange to see you at home to discuss your plans at this stage of pregnancy.
Who will attend my home birth?
We aim to provide two Midwives at your home birth. We are a training hospital, therefore a student Midwife may also be present with your agreement.

Who can be with me?
You may wish to have birth partners present. If you have other children, please plan prior to your labour whether they are going to be present or cared for, and let your Midwife know. It is essential to have made some childcare arrangements in case you are transferred to hospital. Please make appropriate arrangements for any pets in your home; it is advised that they are not present in the room prepared for birth.

Where should I give birth?
You need to consider which room you will give birth in; it needs to be a suitable size and warm. You may to choose to give birth on the floor, sofa, bed or in a birthing pool.

If you wish to use a birth pool it must be used downstairs and it is recommended that you hire one from a reputable manufacturer. You will need to have easy access to hot water in order to fill the pool and facilities to empty it.

How do I contact a Midwife when I am in labour?
When you think labour has started, please contact either Wycombe Birth Centre on 01494 425520 or Labour Ward at Stoke Mandeville Hospital on 01296 316103 (depending on where you live). You need to state that you are booked for a home birth and ask for the on call Midwife to come. Please note: it could take up to an hour for the Midwife to arrive at your home.
Why might I need to be transferred to hospital?
Transfer from home to hospital is sometimes needed either during labour or after birth. It is more common if you are having your first baby at home; between a third and a half (36-45%). If you are having a second or subsequent baby, transfer to hospital is less likely—10 per 100 (10%). There are a number of reasons transfer to hospital might be advised; most transfers are non-emergency. For more information please talk with your Midwife.

What equipment do I need for a home birth?
You will need:
- access to a telephone (either good mobile reception or landline)
- large plastic sheet (approximately double bed size)
- black bin liners
- torch/ lamp (standing or desk—whatever is available in your home. Make sure you have batteries for the torch)
- hot water on
- old towels (2 or 3 is ideal)
- food and drink

Your Midwife will bring equipment needed, including gloves, absorbent sheets and paperwork.

What happens after birth?
The Midwives will usually stay with you for 1-2 hours after birth, to check that you and your baby are well. Before leaving they will give you all the contact telephone numbers you may need and will tell you when a Midwife will return to visit you. Within the first three days of your baby being born, your Midwife will give you an appointment for the hospital or postnatal Community Midwife clinic for a detailed newborn check of your baby.

Where can I find out more about home birth?
A home birth group takes place at Bearbrook Children’s Centre in Aylesbury every month. Contact 01296 316120 for more details.

Helpful links:
http://www.homebirth.org.uk/
http://www.which.co.uk/birth-choice/environments/home-birth

Useful Contact Numbers
Aylesbury Birth Centre 01296 316101
Wycombe Birth Centre 01494 425520/13