

Who to contact in an emergency

If you become unwell and are concerned about the health of you or your baby at any time, please contact your community midwife or your GP.

If you are unable to contact your community midwife or GP, please take the following action:

- **Up to 20 weeks pregnant** – go to your nearest A&E department, which is Stoke Mandeville Hospital for many residents in Buckinghamshire.
- **Over 20 weeks pregnant** – please contact the Stoke Mandeville Hospital labour ward on 01296 316103 / 316104



If you require this leaflet in another language or format, please contact our Patient Advice and Liaison Service (PALS) on 01296 316042 or PALS@buckshealthcare.nhs.uk

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Further information

We want our mums-to-be and their partners to have as much information as possible to help them through their pregnancy and plan their labour and birth.

As well as more information on homebirths, our birth centres and labour ward, our birth choices website also covers the following topics:

- your birth choices
- maternity education classes
- what to expect during pregnancy
- getting ready for your birth and labour
- what happens after the birth
- support with breastfeeding
- looking after your baby.

www.buckshealthcare.nhs.uk/birthchoices



Where your needs always come first

Birth choices in Bucks

Open up to find out more about planning for the birth of your baby

www.buckshealthcare.nhs.uk/birthchoices



Where your needs always come first

Welcome

Having a baby is an exciting time for all the family. At Buckinghamshire Healthcare NHS Trust we want to help you welcome your newborn baby into the world, providing you with excellent care and support throughout.

Our highly respected maternity services provide care from the moment you find out you are expecting and we help you plan the birth you want, whilst ensuring the wellbeing of you and your baby.

Care during pregnancy

As soon as you find out you are pregnant, your first point of contact should be your community midwife who can be reached via your local doctor's surgery, health centre, children's centre or using the telephone numbers below. As well as looking after you and your baby, you can speak to them should you have any questions or concerns.

Stoke Mandeville community midwives (mid and north Buckinghamshire)
Tel: 01296 316120

Wycombe community midwives (south Buckinghamshire)
Tel: 01494 425172



Planning your birth

Planning for your labour and birth can often feel daunting, especially if you are a first-time mum. Our community midwives and doctors will support you and your partner to plan the labour and birth that you want, making sure both you and your baby stay healthy at all times. They can talk through all of the options available, enabling you to choose where to have your baby. We recommend you plan this when you are 34-36 weeks pregnant.

In addition to this leaflet, our website also provides you with information about your birth choices:

www.buckshealthcare.nhs.uk/birthchoices

Having your baby with us

The majority of women can expect a normal pregnancy and birth and the recommended pathway of care is led by your community midwife. If you have a pre-existing medical condition or a complication develops during pregnancy, our maternity team will provide additional care and monitoring.

We provide your care taking into account the individual needs of you and your baby. Whatever these needs are, we have a package of care to suit you and your family.

Inside you will find more information about your birth choices. We hope you have an enjoyable pregnancy and look forward to supporting you and your family during the arrival of your new baby.

Where your needs always come first

Birth centres

If you are expecting a normal labour and birth, but do not want to have a homebirth, you can choose to have your baby at one of our two modern birth centres: Wycombe Birth Centre and Aylesbury Birth Centre.

Our birth centres are run by a dedicated team of highly qualified midwives and maternity care assistants who provide personalised care for you and your baby. They offer the reassurance of having all the necessary support on hand during labour and birth as well as a comfortable and homely environment with the latest birthing aids available.

Women who choose to have their baby at a birth centre are less likely to have intervention during labour and report a greater satisfaction with the care that they receive. The use of water during labour and birth is a key part of care that is available to you.

If either you or your baby require additional monitoring, your midwife will transfer you to our labour ward at Stoke Mandeville Hospital where your care will continue.



Home births

If you have an uncomplicated pregnancy and are expecting a normal birth, our experienced community midwives can help care for you and your baby during labour and birth in the privacy and comfort of your own home.

Women who choose a homebirth report feeling more relaxed and in control during their labour, which means they are less likely to need interventions. They are also more satisfied with their experience.

You will receive one-to-one care from your midwife during labour and a second midwife will join you before the birth of your baby. You also have the option of hiring a birthing pool.

If either you or your baby require additional monitoring, your midwife will transfer you via ambulance to our labour ward at Stoke Mandeville Hospital where your care will continue.

Aylesbury Birth Centre

Claydon Wing, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL
tel: 01296 316101

Our birth centre in Aylesbury is located at Stoke Mandeville Hospital. The modern, airy and bright rooms provide a relaxing and calm environment for you to have your baby.

We have four en-suite birthing rooms with a variety of modern birthing aids such as birthing balls, aromatherapy fans and CD players for you to play your own music. One of our rooms has a birth pool and we have a large inflatable birth pool that we can set up if this room is occupied.



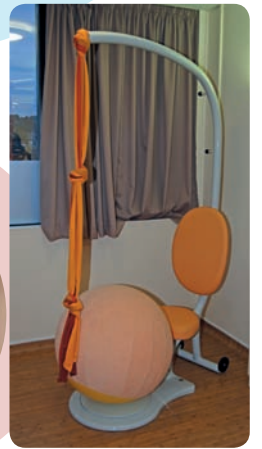
Wycombe Birth Centre

Queen Alexandra Road, High Wycombe, Bucks, HP11 2TT
tel: 01494 425520

Our standalone birth centre in Wycombe offers a lovely modern, relaxed and calm homely environment for you and your birthing partner during labour and birth.

We have four en-suite birthing rooms with a variety of modern birthing aids such as birthing balls, aromatherapy fans and CD players for you to play your own music. We also have a state-of-the-art labour and birthing aid (see photo) which allows you to labour and give birth in the most comfortable position for you and encourages the involvement of your partner. One of our rooms has a birth pool and we have a large inflatable birth pool that we can set up if our birth pool room is occupied.

As a standalone birth centre, we are able to offer a quiet and relaxed environment for you and your partner away from the main activity of the hospital. Your partner will be able to stay with you overnight following the birth and visiting is not restricted.



Aylesbury labour ward

Claydon Wing, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL
tel: 01296 316103

The labour ward at Aylesbury offers support during labour and birth for those women who have existing medical conditions or who develop complications during pregnancy. Your care will be provided by a team of midwives and doctors.

We are committed to supporting you to achieve a normal, safe birth on our labour ward. All our rooms have en-suite facilities and we encourage the use of birthing balls, bean-bags and you may be able to use



water throughout your labour. We also have a range of modern equipment which enables you to move around the birth room during labour.

We have a number of specially adapted rooms for our expectant mums who require disabled access and we work closely with the National Spinal Injuries Centre which is onsite. We also have larger rooms if you are expecting more than one baby.

Our labour ward sits alongside our two dedicated operating theatres and our neonatal unit, which provides specialist care for babies who need closer monitoring or additional support in the early days following birth.

Should you require additional care immediately after birth, we have four observation rooms located on the labour ward.



Rothschild Ward

First floor Claydon Wing, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL
tel: 01296 316280/1

Most women who have had a normal birth choose to go home after about six hours. However, it may be suggested that you and your baby stay in hospital for a short period. If so, you will be transferred to Rothschild Ward. Our beds and cots are located in four-bedded and six-bedded bays and we have a number of single-bed rooms. Our team of midwives, maternity care assistants and nursery nurses provide care to our new mums and babies. They also provide breastfeeding support and help our mums and dads to look after their newborn baby.

For families wanting a little extra privacy and comfort, we offer the Rothschild and Verney Suites which are en-suite rooms including many extras such as complimentary toiletries, dedicated menu, flat screen TV and comfy sofa, at a reasonable cost. For more information on the rooms and prices, please speak to your midwife or visit our website.



Rothschild and Verney Suites