

## Emma's birth

Janice Boggon - for [www.birthinangus.org.uk](http://www.birthinangus.org.uk)

When I found out I was expecting my third baby I was very keen to have my antenatal care and delivery in Montrose if at all possible. My first baby Hannah had been born in Aberdeen following an induction. I found all the monitoring and lying on my back very unnatural. When my second child James was born in the birthing pool in Montrose it was a much more relaxed and pleasant experience.



My due date came and went and when I attended Montrose for an antenatal check three days later, I was delighted to be told the baby's head was 3/5 engaged. The next appointment was planned for one week post due date. At that visit, I was disappointed to be told that the baby had moved and its head was no longer engaged. Therefore the planned sweep could not be done.

The next day, my waters broke. I was checked daily thereafter at Montrose but there was no sign of labour starting. I was told that if my contractions had not started after 96 hours, I would need to be induced at Aberdeen Royal Infirmary. I did everything that I could to avoid this, including eating several pineapples, going for walks, drinking raspberry leaf tea and even taking castor oil. The 15mls of castor oil that I took caused vomiting and diarrhoea within three hours which lasted for over 24 hours. I will never know if this helped to start my labour, but 21 hours after taking the castor oil, 12 days after my due date, and 13 hours before I was due to be induced, my labour started.

My first twinge was at 2am, and I stayed in bed for almost 1.5 hours, ecstatic that my labour had started. I then got up and put on my TENS machine and I found counting



through each contraction really helpful. At 5am the contractions became more intense and just over a minute apart. My husband phoned the maternity unit in Montrose and our neighbour came round to look after our children.

We arrived at the unit around 6am. No internal examination was carried out and I got into the birthing pool. With the help of Nitrous Oxide and the freedom of the pool my beautiful daughter Emma was born at 7:17am on 6<sup>th</sup> May 2010.

In the end my labour was very quick and straight forward. I felt safe and in control throughout and I would definitely recommend a water birth.

I would like to pass on my thanks to the wonderful team at Montrose Maternity Unit and a special big thank you to Sandra, Iona and Julie.