

“My Birth Experience”

My due date was the 11th of July, but due to the fact this was my 5th baby and the rest were late I just knew I wouldn't be on time.

I had my 12 weeks scan on the 22nd of December and my 20 weeks scan in February, confirming I was having my first boy, although me and my partner David decided to keep this a secret. A week after my due date I decided to have a sweep, but my baby wouldn't budge; 3 days later, 11 days over my due date, the procedure was performed once more. I was told that if the baby hadn't appeared by the Sunday (3 days time) I would be delivering in Ninewells, something I was not very keen on.

To my delight however at 11 o'clock that night I began to think things were happening. By 1 a.m. I thought I better phone the unit, Lorraine (my saviour) answered. She very calmly told me to come in and she would have the pool ready for me. I arrived in the unit around 1.20 to see Lorraine, a friendly face (she had delivered my 3rd child). She checked me over and I was 4 cm dilated. I quickly accepted her offer of gas and air followed by the pool around 1.45. The water was amazing, it made me so relaxed and calm, I moved around the pool a lot and listened to my music. My husband David was a great support.

Lorraine left to check the other mums, but hadn't gone long when I began to feel the urge to push; she came back and called Kate, the 2nd midwife, and within minutes my 10lb son was born, at 3.05 a.m. I shortly afterwards delivered the placenta and came out of the pool and lay on the very comfy bed in the room, where Lorraine carried out her usual checks and made us tea and toast. She then left us alone to make our very long awaited calls to his 4 sisters who were just delighted. I went to the ward around 6 a.m. and dozed on and off till morning.

My experience the time was so much better, the unit made me and my family very welcome, my son Reuben was born on my eldest daughter's 15th birthday and we had a cake to celebrate.

I fed Reuben myself for the first 4 days and stayed in the unit for this time although when I got home I struggled and changed him to bottle.

My time of being pregnant and spending time in the unit was great, the staff were friendly, helpful and very caring.

I certainly won't forget it, you're all fab.

Judith MacDonald