



**Cambridgeshire and  
Peterborough**  
Clinical Commissioning Group



# Your Choices

before, during and after pregnancy

Cambridgeshire and Peterborough maternity services are committed to ensuring you have access to high quality maternity care, wherever you choose to give birth.

NHS Cambridgeshire and Peterborough CCG, North West Anglia NHS Foundation Trust and Cambridge University Hospitals NHS Foundation Trust

You may find the information in this booklet useful when talking with your midwife at your booking appointment (which usually takes place around eight weeks into your pregnancy). It can help to support any decisions regarding your pregnancy care in the beginning.

## General information

Once you find out you are pregnant you should:

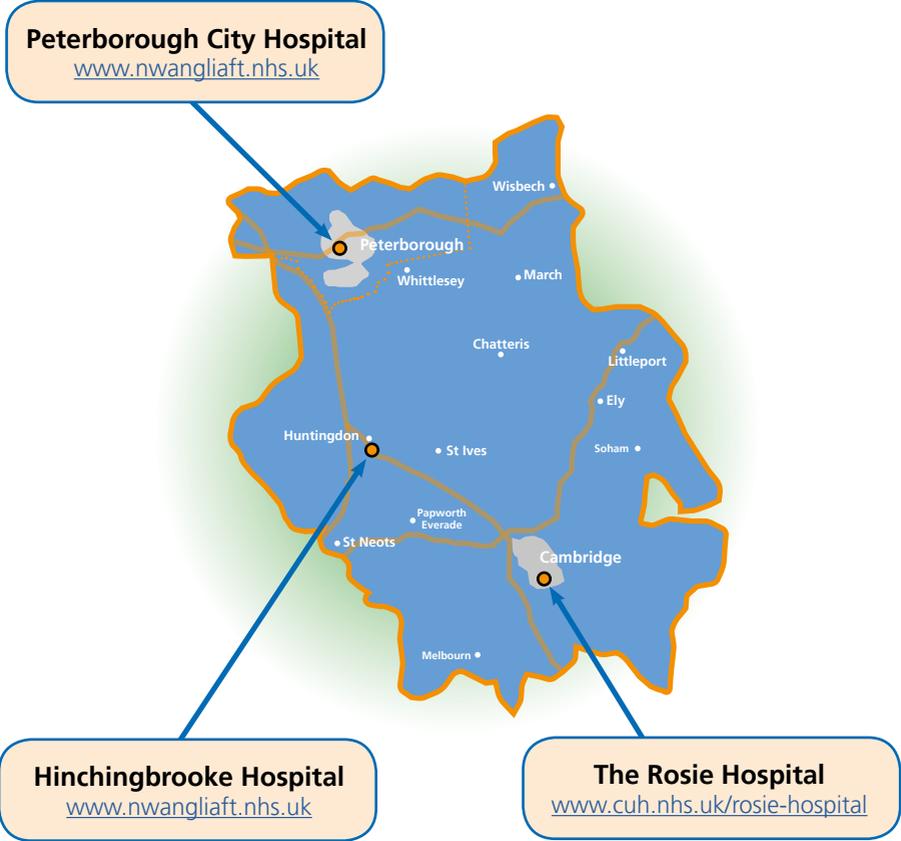
- Start taking 400mcg folic acid per day to help prevent birth defects of your baby's brain and spinal cord. If you have diabetes, epilepsy or a raised body mass index (BMI) you will need a prescription for a higher dose per day.
- Start taking 10mcg vitamin D per day to support bone and muscle development.
- Plan to see a midwife as soon as possible, especially if you have any medical conditions.
- If you smoke, now would be a good time to stop. Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. Even breathing in tobacco smoke from those who smoke around you can also affect the health of your baby so now would be a good time to stop. If you or your loved ones need help to stop smoking you can call the NHS Smokefree advice line on 0300 123 1044.

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# Your NHS choices: Places to give birth



Expectant parents who live within Cambridgeshire and Peterborough have the choice to give birth at any of these three hospitals, or at home.

Parents-to-be who live on the borders of the area have the choice of giving birth at their nearest hospital, as well as the option of a home birth.

Services will do their best to ensure that you have access to your **preferred choice** throughout your pregnancy. However, this could change unexpectedly at short notice if your (or your baby's) medical needs change.



## Your NHS choices: Where to receive pregnancy care

All of our local hospital maternity units offer care from midwives and consultants, or specialists, depending on the level of support you need.

**Pregnancy care before (antenatal) and after birth (postnatal)** is available in our hospitals, in children's centres, community hubs, and GP surgeries. Some or all of these choices are available depending on where you choose to receive your care. If you find any locations are difficult to access due to individual needs, please discuss possible alternatives with your midwife. Across all areas we are starting to build Continuity of Carer pathways. These small teams of midwives enable you to be cared for by a midwife who you know throughout pregnancy, labour and the postnatal period.

**You can give birth** at home, in midwife-led birthing rooms at the hospital, or in a birthing room within the consultant-led unit.

**If you have particular medical needs** you may be advised to attend hospital for appointments or to give birth.

**Your care after your baby is born and discharged from hospital** takes place either at home or in specific postnatal clinics. These clinics are usually in hospital, or sometimes at a children's centre or community hub.

# Other choices available to you:

## Before birth/during pregnancy/antenatal care

- How much contact you have with your midwife
- Where to be cared for during your pregnancy
- Place of birth and other birth choices
- Going along to parenting education courses
- Who will be your main carer.

## Support during labour and birth

- **Midwife-led care** chosen by most women, includes access to a team of experienced midwives 24 hours a day, seven days a week
- **Senior doctor (consultant) led care** for mums-to-be needing more complex care and support, 24 hours a day, seven days a week
- **Specialist doctors, midwives, nurses, and support workers** from different areas of healthcare as required.

## Modern equipment and facilities in our maternity units

- Birthing rooms, some include birthing pools
- Labour wards with maternity theatres
- Recovery areas for women who have given birth in theatre
- Special care baby units (SCBU) or neonatal units (NICU) for babies with complex needs that require extra support.

## After birth/postnatal care

- Hospital services and clinics
- Community services, home visits, GP support, children's centres, community hubs
- Health visiting team, after being discharged by your midwife from maternity services.



## Home births

If you have a straightforward pregnancy, and both you and the baby are well, you might choose to give birth at home. In England and Wales, just over 1 in 50 pregnant women give birth at home. Giving birth is generally safe wherever you choose to have your baby.

The advantages of giving birth at home include:

- Being in familiar surroundings, where you may feel more relaxed and better able to cope.
- Not having to interrupt your labour to go into hospital.
- Not needing to leave your other children, if you have any.
- Not having to be separated from your partner after the birth.
- It's more likely that you will be looked after by a midwife you have got to know during your pregnancy.
- It's less likely that you will have an intervention, such as forceps or ventouse, than women giving birth in hospital.
- One-to-one care in labour.

[www.nhs.uk/conditions/pregnancy-and-baby/where-can-i-give-birth/#home-birth](http://www.nhs.uk/conditions/pregnancy-and-baby/where-can-i-give-birth/#home-birth)

## What to think about...

There are some things you should think about if you're considering a home birth.

You may need to transfer to a hospital if there are complications. The Birthplace study\* found that 45 out of 100 first time mums were transferred from home to hospital. The rate fell to 12 out of 100 for women having their second or subsequent baby.

Epidurals are not available at home, but you can use gas and air, a warm bath, a birth pool, Transcutaneous Electrical Nerve Stimulation (TENS) and any relaxation techniques you've learned. You can find out more about pain relief in labour on the NHS website, link on page seven. Your doctor or midwife may recommend that you give birth in hospital – for example, if you're expecting twins or if your baby is lying feet first (breech). Your midwife or doctor will explain why they think a hospital birth is safer for you and your baby.

If you choose to give birth at home or in a unit run by midwives, you should be given information by your midwife about what would happen if you had to be transferred to hospital during labour and how long this would take.

You can discuss the option of a home birth with your midwife.

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\*The Birthplace Study was a jointly funded research programme which looked into the labour, delivery and birth outcomes for the mother and baby for over 64,000 'low risk' births in England:

<https://www.npeu.ox.ac.uk/birthplace>

For women having their first baby, home birth slightly increases the risk of serious problems for the baby – including death or issues that might affect the baby's quality of life.

The risk for a hospital birth is 5 in 1,000. The risk for a home birth is 9 in 1,000. It's rare but, if something goes seriously wrong during your labour at home, it could be worse for you or your baby than if you were in hospital with access to specialised care.

For women having their second or subsequent baby, a planned home birth is as safe as having your baby in hospital or a midwife-led unit.

If you give birth at home, you'll be supported by a midwife who will be with you while you're in labour. If you need any help or your labour is not progressing as well as it should, your midwife will make arrangements for you to go to hospital.

# The Rosie Hospital

Cambridge University Hospitals NHS Foundation Trust



## Birthing services:

### Birth centre (midwife-led birthing unit)

- 10 rooms, each with a birthing pool and ensuite facilities
- Antenatal assessment rooms

### Home birth service

Available on request following discussion with your midwife.

### Delivery unit (consultant led unit)

- 15 delivery rooms
- Close observation unit for high dependency women
- Four bed triage area
- Four high dependency rooms
- One room with birthing pool
- Bereavement services
- Maternity theatres and recovery area

## Your options, if you choose The Rosie Hospital:

- ✓ Antenatal ward
- ✓ Availability for partners to stay overnight
- ✓ Birth afterthoughts service
- ✓ Community care
- ✓ Consultant midwife clinic
- ✓ Fetal medicine service
- ✓ Flu and whooping cough vaccine service
- ✓ Level 3 Neonatal Intensive Care Unit (also accepts babies born from 24 weeks, from across the county)
- ✓ Open evenings and tours
- ✓ Physiotherapy services
- ✓ Postnatal ward
- ✓ Provision of transitional care\*
- ✓ Specialist infant feeding service
- ✓ Specialist mental health service
- ✓ Specialist teenage pregnancy service
- ✓ Triage
- ✓ Ultrasound services

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\* Transitional care enables you and your baby to remain together but with additional support to help you care for your baby.

# Peterborough City Hospital

North West Anglia NHS Foundation Trust



## Birthing services:

### Birth centre (midwife-led birthing unit)

- Four rooms with ensuite facilities
- One room with a birthing pool

### Home birth service

Available on request following discussion with your midwife.

### Delivery unit (consultant led unit)

- 13 rooms with ensuite facilities
- Triage area with four beds
- High dependency room
- Maternity theatres
- One latex free room
- Bereavement suite
- Induction of labour room with two beds

## Your options, if you choose Peterborough City Hospital:

- ✓ Antenatal ward
- ✓ Availability for partners to stay overnight
- ✓ Birth afterthoughts service
- ✓ Birth after caesarean clinic (BAC)
- ✓ Community care
- ✓ Dedicated maternity helpline
- ✓ Fetal medicine service
- ✓ Flu and whooping cough vaccine service
- ✓ Level 2 Neonatal Intensive Care Unit (accepts babies born from 28 weeks)
- ✓ Postnatal ward
- ✓ Specialist infant feeding service
- ✓ Specialist mental health service
- ✓ Specialist teenage pregnancy service
- ✓ Transitional care\* ward
- ✓ Triage
- ✓ Ultrasound services

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\* Transitional care enables you and your baby to remain together but with additional support to help you care for your baby.

# Hinchingbrooke Hospital

North West Anglia NHS Foundation Trust



## Birthing services:

### Birth centre (midwife-led birthing unit)

- Three rooms, each with ensuite facilities
- Birthing Pool

### Home birth service

Available on request following discussion with your midwife.

### Delivery unit (consultant led unit)

- High dependency room
- Maternity theatres
- Bereavement suite
- Seven delivery rooms with ensuite facilities

## Your options, if you choose Hinchingbrooke Hospital:

- ✓ Antenatal/Postnatal ward
- ✓ Availability for partners to stay overnight
- ✓ Birth afterthoughts service
- ✓ Birth after caesarean clinic (BAC)
- ✓ Community care
- ✓ Fetal medicine service
- ✓ Flu and whooping cough vaccine service
- ✓ Level 1 Neonatal Intensive Care Unit (accepts babies born from 30 weeks)
- ✓ Provision of transitional care
- ✓ Specialist infant feeding service
- ✓ Specialist mental health service
- ✓ Specialist teenage pregnancy service
- ✓ Triage
- ✓ Ultrasound services

# How do you feel and what would you like to discuss?

How do you feel about this pregnancy?



Which hospital would you like to support you during your pregnancy?

Which hospital would you like to support you during your baby's birth?

What other concerns, thoughts or questions would you like to discuss with your midwife?



- B** What are the **b**enefits?
- R** What are the **r**isks
- A** Are there any **a**lternatives?
- I** What does your **i**ntuition say?
- N** What happens if you do **n**othing?

## What to do next:

Now that you have chosen where you would like to receive your pregnancy care, you need to ensure that you are booked/registered with the relevant Trust/Hospital.

### Rosie Hospital, Cambridge University Hospitals NHS Foundation Trust

You can contact your midwife, either by using the central booking line 01223 256832 or contacting your midwifery team directly:

- Ivy Team (Histon area) - [01223 596212](tel:01223596212)
- Lilac Team (Bottisham area) - [01223 348794](tel:01223348794)
- Primrose Team (Ely area) - [01223 586790](tel:01223586790)
- Sienna Team (Linton area) - [01223 349314](tel:01223349314)
- Scarlett Team (Fawcett area) - [01223 349376](tel:01223349376)
- Lily Team (Arbury area) - [01223 586787](tel:01223586787)
- Sky Team (Abbey area) - [01223 348943](tel:01223348943)
- Rose Team (Bassingbourn area) - [01223 349316](tel:01223349316)

You can also ask your GP surgery for a booking appointment with a midwife. For any other questions please visit [www.cuh.nhs.uk/rosie-hospital/](http://www.cuh.nhs.uk/rosie-hospital/)

### Peterborough City Hospital, North West Anglia Foundation NHS Trust

You can complete a self-referral form at <https://www.nwangliaft.nhs.uk/maternity/im-pregnant/peterborough-city-hospital-maternity/> or call the Maternity Helpline on 01733 677266 for questions about pregnancy, birth, baby and postnatal issues.

### Hinchingbrooke Hospital, North West Anglia Foundation NHS Trust

You can contact your local midwifery team:

- Huntingdon - [01480 418629](tel:01480418629)
- St Ives - [01480 357145](tel:01480357145)
- St Neots - [01480 357964](tel:01480357964)
- Fenland - [01354 644366](tel:01354644366)

You can also ask your GP surgery for a booking appointment with a midwife. For any other questions please visit [www.nwangliaft.nhs.uk/maternity](http://www.nwangliaft.nhs.uk/maternity)

# PALS (Patient advice and liaison service)

PALS provide confidential advice and support to patients, families and their carers and provide information on the NHS and health related matters.

## Rosie Hospital:

- Tel: 01223 216756
- Email: [pals@addenbrookes.nhs.uk](mailto:pals@addenbrookes.nhs.uk)

## Peterborough City Hospital:

- Tel: 01733 673405
- Email: [nwangliaft.pals@nhs.net](mailto:nwangliaft.pals@nhs.net)

## Hinchingbrooke Hospital:

- Tel: 01480 428964
- Email: [Hch-tr.pals@nhs.net](mailto:Hch-tr.pals@nhs.net)

Further information is available on the hospital websites.

## Other access to services

Some women choose to pay for private maternity care, either with an independent/private midwife or an obstetric consultant.

You could also choose to receive services from a paid for **doula** (who are additional support workers for pregnancy, birth and beyond).

## Feedback

We would value your feedback on the information provided in the Your Choices leaflet.

Please email: [CAPCCG.ChildrenAndMaternity@nhs.net](mailto:CAPCCG.ChildrenAndMaternity@nhs.net)



# Cambridgeshire and Peterborough **Better Births**



**Date:** August 2019

**Author:** Midwives, Beccy Percival, Nicky Griffin, and Kimberley Skinner on behalf of Cambridgeshire and Peterborough Local Maternity System

**Review:** January 2020

[www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/better-births](http://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/better-births)

