

## NETHERBROOK BIRTH UNIT SOLIHULL HOSPITAL

If you would like to arrange a tour or if you have any further questions please contact us on the telephone numbers: 0121 424 5051 or 0121 424 4051

Frequently asked questions:

**Q) How many weeks do I need to be to have my baby on Netherbrook Birth Unit?**

A) You will need to be between 37 and up to 13 days after your due date. Your community midwife will complete an assessment at around 36 weeks to confirm you meet the criteria to give birth on Netherbrook Birth Unit. You may need to contact the Birth Unit directly if you do not have a Solihull or Heartland midwife.

**Q) What happens if I feel unwell or develop any problems following my review at 36 weeks?**

A) Telephone Netherbrook Birth Unit first and we will advise you where you will need to be seen. In most cases this will be the Maternity Unit at Birmingham Heartlands Hospital.

**Q) What do I need to do if I think my waters have broken?**

A) Telephone Netherbrook Birth Unit as soon as you think your waters have broken. We will ask you the colour of the water; if the baby is moving and if you are feeling any contractions. You will be advised to go to the Maternity Unit at Birmingham Heartlands Hospital if the colour of the water is green, if the baby's movements are reduced or there are any other concerns. If all is well you will be invited into Netherbrook Birth Unit for a check-up and to make a plan of care with you. You have up to 24 hours after your waters breaking to give birth on Netherbrook Birth Unit. If your waters have broken and labour has not yet started you will be able to go home to wait for labour to start and become established. An appointment will be made at Good Hope Hospital, Sutton Coldfield for review and monitoring between 18-24 hours after your waters have broken, as approximately 20% of women do not go into spontaneous labour. Induction of labour will be discussed and arranged during this appointment.

**Q) If I have concerns about my baby's movements what should I do?**

A) If you phone Netherbrook Birth Unit first we will be able to advise you on appropriate action and arrange for you to go for monitoring in the Maternity Unit at Birmingham Heartlands Hospital.

If you have three or more occasions where monitoring is needed you will no longer be suitable to have your baby at Netherbrook Birth Unit.

**Q) Where do I go if Netherbrook Birth Unit is full?**

A) On the rare occasion when this happens, we have previously arranged for women to go to Willow Suite, Midwifery Led Unit at Birmingham Heartlands Hospital, however, you could choose to go to the Maternity Unit at Birmingham Heartlands Hospital or Good Hope Hospital, Sutton Coldfield, two birthing pools available.

**Q) Can I have an epidural?**

A) No. We have no doctors at Netherbrook Birth Unit so this service is not an option.

**Q) I would like a water birth. Do I wear anything in the water?**

A) Some ladies choose to wear a bikini top or crop top and others choose not to wear anything. It is whatever makes you comfortable.

**Q) I have heard some women in labour are transferred to a different hospital and sometimes following birth. Why is this?**

A) We do not have doctors on Netherbrook Birth Unit; therefore if a problem occurs and the midwife feels a doctor is required she will take you in an ambulance to the Maternity Unit, Birmingham Heartlands Hospital.

Midwives on Netherbrook Birth Unit do not perform forceps or Ventouse/Kiwi (assisted) births.

Transfers to Birmingham Heartlands Hospital:

- Request for an epidural: 03%
- Transfer in labour: 21% total for all women
- Postnatal transfer: (mum requiring a review): 5.1%
- Postnatal transfer: (baby requiring review): 4.3%
- After the birth of your baby, if either of you are unwell it will be necessary to transfer you both to the Maternity Unit at Birmingham Heartlands Hospital or occasionally Good Hope Hospital.

As safety is our priority this occasionally requires you and baby to be separated for a short periods of time as two ambulance journeys will/may be required. WE would always encourage one of your birth partners to remain with baby until you and baby are reunited.

**Q) Do you offer the Vitamin K injection for babies at Netherbrook Birth Unit?**

A) Yes, this is recommended by neonatologists (baby doctors) to help prevent bleeding disorders, i.e. haemorrhagic disease of the newborn.

**Q) What happens after I have given birth?**

A) Skin to skin contact with baby is encouraged to allow you to get to know your baby and offer the first feed. When you are ready you will be offered a relaxing bath or shower. A midwife will complete the initial examination of your baby including weight and measurement. You will then be transferred to one of our postnatal bedrooms to allow you some time to relax and reflect on your experience. Some women prefer to go home the same day whilst others stay in overnight for extra support particularly if your baby is born in the evening. Within 72 hours following birth, your baby will have a further in depth examination performed by one of our trained midwives. Ideally, this is completed before you go home, however, in exceptional circumstances you may choose to go home and return the following day to have the examination completed.

You will receive an appointment in the post for baby's hearing test which is performed in the Antenatal Clinic at Solihull Hospital.

**Q) What are the visiting hours?**

A) 3-5pm and 7-8pm. No children under the age of 16 years, except for your own children.

We have unrestricted visiting for partners on Netherbrook Birth Unit; however, there are no extra meals or bathroom facilities.

The Netherbrook Team look forward to seeing you for the birth of your baby.  
Please always phone Netherbrook Birth Unit before attending unannounced on:

0121 424 5051/0121 424 4051