

## What about if I need to transfer?

There are a small number of women who will need to transfer to Middlemore Hospital during their labour.

The most common reason for transfer is when the labour is progressing slower than we anticipate.

If you need to transfer to Middlemore Hospital, your midwife will discuss this with you and ensure you understand why. Usually transfer is by ambulance and your midwife will travel with you.



## How to contact us?

For further information please contact your local Primary Birthing Unit who can provide a list of local midwives or, please discuss this option with your LMC.

## Contact Numbers

### Botany Downs

(09) 534 6063

292 Botany Road  
Howick 2013



### Papakura

(09) 299 9102

2 Clevedon Road  
Papakura 2110



### Pukekohe

(09) 237 0640

1 Tuakau Road  
Pukekohe 2120



Have you considered having your baby at a

## PRIMARY BIRTHING UNIT





Counties Manukau Health (CMH) has three Primary Birthing Units based at Botany Downs, Papakura and Pukekohe. These offer a relaxed alternative choice to birthing in the busy unit at Middlemore Hospital.

The units are managed by experienced midwives who specialise in promoting normal labour and birth.

There are birthing rooms with facilities available for water birth. Also all units provide ante-and post-natal services.

The decision to birth your baby at a Primary Birthing Unit is made between you and your LMC. This information aims to answer any queries you may have about the facility.



### Who can have their baby at a Primary Birthing Unit?

The birthing units are for women who:

- Wish to have one-to-one midwifery care in a relaxed friendly atmosphere
- Have an uncomplicated pregnancy and anticipate uncomplicated labour and birth e.g. no previous medical or obstetric problems (low risk)
- Wish to use therapies such as water, massage, aromatherapy, music, mood lighting and upright/mobile positioning to enhance the safe natural progression of labour and easing pain

### What sort of problems would prevent me having my baby at a Primary Birthing Unit?

If you have any of the following you will need to birth your baby at Middlemore Hospital:

- Previous caesarean section
- A birth before 36 weeks
- Twin pregnancy
- Breech (bottom first)
- Medical problems
- A baby that is very small for you
- Pre-eclampsia (toxaemia)
- Any diabetes
- Placenta praevia
- Blood clotting problems

Following birth most women can still transfer from Middlemore Hospital to the Primary Birthing Unit with their baby/babies for post-natal care.

### Is it safe?

Yes.

Studies from around the world show that Primary Birthing Units are a very safe birthing choice for low risk women and babies. Evidence from our own Primary Birthing Units confirms this.

Women choosing to birth at Primary Birthing Units appear to have fewer medical treatments than women birthing at larger hospitals. Their babies are more likely to be born in very good condition.

In the birthing units there is access to medical assistance if needed via an ambulance to Middlemore Hospital.

Emergency equipment and trained staff are available at all the Primary Birthing Units.

### What pain relief is available?

Pain relief options available including:

- Warm pools (waterbirths are an option in all units)
- Entonox (gas & air)
- TENS machine (ask for details of how to hire)
- Pethidine injection

