

## Maternity

# Lucina Birth Centre

### What is a birth centre?

Birth centres are small maternity units run by experienced midwives. At University Hospital Coventry & Warwickshire (UHCW), the Lucina Birth Centre is next to the Labour Ward. It has been designed to feel more like home to make you feel comfortable and relaxed.

### What does the Lucina Birth Centre offer?

The Lucina Birth Centre is a safe place to give birth if you have a '**Low-Risk**' pregnancy. This means there's been no complications or medical problems. Your midwife will check your pregnancy at each visit to make sure everything is going well. If your pregnancy stays uncomplicated, you'll be given Lucina birth centre contact details at your 36-week appointment.

You will come into the Lucina birth centre with your birth partner when you are in labour. You can give birth there if:

- You have had a pregnancy with no problems
- You are between 37 and 42 weeks pregnant
- Your BMI is less than 35 at the start of your pregnancy
- You are between 16 and 40 years old
- You are not anaemic
- Your baby has developed normally and is head down
- Your waters break and they are clear in colour
- You have regular and strong contractions when your labour starts

If the midwife ever thinks something might not be straightforward, she will tell you and might ask a consultant for help. If all is well you will stay '**midwife led**', but if there any risks or problems, the consultant will take over the care, and the pregnancy will be called '**consultant led.**'



### What makes the Lucina Birth Centre special

- The Lucina Birth centre is a calm, friendly place that's doesn't feel like a hospital.
- Midwives are specially trained to care for women in labour in a gentle, caring way.
- The midwife will help you find ways to stay calm and strong during labour, like moving into different positions, relaxing and using water to feel better.
- The rooms do not look like hospital rooms. You can even choose the lighting in the room.
- **You will need less pain relief in labour** because of the support of the midwife, the environment you are in and the facilities available to help you through your labour.
- **You are more likely to be upright during labour and birth** as you will be encouraged to walk and move around. Lying in bed can be uncomfortable and does not help move the baby move down into position.
- **You are more likely to have an uncomplicated vaginal birth** because you will need less pain relief, are moving around and feeling supported.
- **You can choose a water birth. The birth centre has** pools ready, and being in water helps make labour more comfortable.
- **You are less likely to need an episiotomy (cut to perineum)** because being active helps your body push their baby out more naturally without much help.
- **You are more likely to breastfeed successfully** if your birth goes well. Many women say using birth centres are a positive experience.
- **You can have more than one person with you during the birth, like** your family or close friend, but please check with the midwife first.
- **You can have a partner stay with you** after the birth until you are ready to go home.
- **The environment of a birth centre gives women more positive birth experiences.**

### **How is the Lucina Birth Centre different to the Labour ward?**

Women who come to a birth centre are generally healthy, so they are less likely to have problems during birth. All our midwives are qualified, experienced, skilled and able to recognise when there is a problem and get the right help for you and your baby if needed.

It is important to know that the Lucina Birth Centre does not have doctors; they are based in our Labour Ward which is next to the birth centre. We do not provide epidural anaesthesia or provide caesarean sections in our birth centre; these are provided in our Labour Ward for women who choose these options, or who have complications with their pregnancy or labour.

### **What if something goes wrong?**

Most women who give birth in a birth centre don't have any problems.

If there is a complication during your pregnancy you will be seen by a doctor. If this is likely to complicate your pregnancy or labour, then you will give birth on the Labour Ward. If it is all right for you to continue to give birth in the Lucina Birth Centre, then you will come back to the midwives for your care.

A small number of women may experience difficulties during birth and so will be transferred to the nearby Labour Ward.

If your baby has any problems during or after birth, we will do all the necessary emergency procedures and get help from the Neonatal Department.

### **After your baby is born**

Usually, you will stay in the birth centre after the birth of your baby. The midwife will check that you and your baby are well and make sure you are happy with how your baby is feeding and responding to you. Once the midwife and you are happy, she will give you information about who to contact if you have any concerns. A midwife will also visit you at home to check on you and your baby, usually starting the next day. Most mums go home within 8 hours after the birth, but if you need to stay longer, you will be taken to the postnatal ward that has everything you need.

## Patient Information

### Other options

Lucina Birth Centre is for **low-risk midwife led pregnancy**. At 36 weeks gestation your community midwife will discuss the options for birth.

If you want to know more or have questions about the Lucina Birth Centre, speak to the Birth Centre manager by calling the hospital switch board on 024 7696 4000 and asking for Lucina, or calling directly on 024 7696 7425.

Our model of care is **Opt Out**; this means all **Low-Risk** women are booked for the Lucina Birth Centre. If you do not want to give birth in Lucina Birth Centre, you can give birth at home or the Labour Ward at UHCW. Please let your midwife know and she will discuss your options.

### What happens next?

We are happy to meet with you and show you round the Lucina Birth Centre. If you choose to give birth in the Lucina Birth Centre your midwife will book you directly for the Birth Centre when she has done your booking history and will confirm it when you are 36 weeks pregnant. Your midwife will give you a number to contact when you go into labour, and someone will tell you what to do next.

**For more information, please contact your Community Midwife or the Lucina Birth Centre on telephone: 024 7696 7425.**

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7425 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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