

Sonia's Story

I'm 19 years old and am the mum to a 5 week old daughter. I went in to hospital having gone two weeks over due and going to be induced that day. But my contractions had started the day before and I was having them every 5 minutes it had been like that since 8 o'clock the evening before. I made my way to hospital and by ten o'clock in the morning my contractions were no stronger and they waited till 12 o'clock to break my waters as soon as that had happened I went for a walk and the contractions came back and they were unbearable. I made my way back to my room and found my self alone. I started screaming at this point I could not walk the pain was terrible and it took a further 1/2 an hour for a midwife to come in to see if I was ok. At this point what happens goes blurry. the midwife put me on gas and air as I wanted to push and my husband requested a epidural for me that came quickly and calmed me down but at this point no one was explaining any thing to me or my husband.

After the epidural was put in I was still feeling pain in my vagina and the anaesthetist took ages to come round. I was still having gas and air as the pain was unbearable my husband repeatedly asked for more help for me but none was given. I felt so alone all I was asking for was help. All during this the midwife kept leaving my husband alone with me and telling him to calm me down but what I needed was a midwife!

I hadn't been examined since 12 noon and the time was now 6 o'clock when the midwife examined me she found I was fully dilated. (how long had I been like that? we will never know). She suggested to give it a further half an hour then start pushing. All this time though I and my husband where not told if the baby was ok. I started pushing and felt it was going well until I started to get a pain in what felt like my hips and it felt sharp like a knife. The midwife kept telling me that was a contraction but by 9 o'clock the baby hadn't arrived and I was still pushing. The baby had not made any progress we were told and I needed to have a ventouse delivery.

I was scared and told the midwife but the only person listening was my husband. I wanted to hold his hand but he was pushed to the back of the bed where he could only hold my shoulder. The doctor told another mid wife he needed a knife and I screamed at him and asked what he was doing. My husband was the one to tell me they where doing, an episotomy. The doctor then said push. I pushed once and he said to push again at this point I felt exhausted and tried to tell them could I have a break but he kept saying push after I had tried to push 3 times he said I wasn't doing it good enough and said to the midwife lets get her ready for theatre. I felt relieved as I thought I was going to have a c-section as they had shaved my hair and told my husband to get on a gown. All the midwives stood together with the doctor and for a further 45 mins discussed what to do. (my husband is still amazed to this day) no one spoke to us. What happens then is the word of my husband as the pain had got so excruciating I couldn't tell what happened around me. I got in theatre and they said push. My husband questioned what they were doing as he was not able to see. After asking 5 midwives the student midwife answered him to tell him they were trying a forceps delivery. After pushing 3 more times the doctor shook his head at my husband and then the baby was put on my stomach for two seconds

then was taken to be checked out. I was then not told what had happened but the midwife said I was being cleared up. My husband went out to tell family what we had. I was taken to the recovery room where I was then offered skin to skin contact which I accepted. As I lay there I felt pain in my vagina and asked if my husband could have a look he did. he found stitches from my vagina to my bottom. It then took an hour for the doctor to explain I had had stitches. He never explained why- I still don't know. When we left the hospital I was given my notes and then found one of my veins had been cut as well.

Reading my notes I found no explanations to why I had still felt pain what the pain was and also why I had been left in pain. All the way through my birth my husband also felt he had not been spoken to or explained and we can not speak of it now. I have a beautiful daughter but still feel let down by the whole experience and I know I will never put me or my husband through that again. Although when we met we decided to have a big family that is now out of the window.