POSTNATAL CARE

Staff at the Horton MLU are committed to helping mothers breastfeed their babies and will help you to learn this skill. They will also provide individual support to mothers who choose to feed their babies with infant formula.

GOING HOME

We expect most women to be ready to go home between two and 24 hours after the birth.

Your baby must travel in an appropriate car seat – this is a legal requirement. Please make sure you bring the baby’s car seat with you when you come into the unit.

After you go home your community midwife will continue to support you with visits and phone calls before handing over ongoing care to your health visitor.

COMING INTO THE HORTON MLU

Ring us when you think your labour is starting, or if your waters break, so we can talk to you about what is happening and give you advice.

IMPORTANT: If your baby is not moving as often as normal, you develop a headache which is not resolved with paracetamol, you are losing fresh blood, or you have any other concerns about yourself or your baby, please phone the Maternity Assessment Unit at the John Radcliffe Hospital
Tel: 01865 220 221

CONTACT DETAILS FOR THE HORTON MLU

Horton MLU: 01295 229 459
Banbury Community Midwives: 01295 229 190
JR Maternity Assessment Unit (MAU): 01865 220 221
(24 hours service)
Horton Maternity Assessment Unit: 01295 229 779
(Monday to Friday, 8.00am to 4.00pm)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALS@ouh.nhs.uk

Author: Rosalie Wright
October 2016
Review: October 2019
Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information
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HORTON MIDWIFERY-LED UNIT (MLU)

The Horton Midwifery-led Unit (MLU) is in the maternity department of the Horton General Hospital in Banbury.

An MLU is a maternity unit that is run by experienced midwives and maternity support workers. They are supported by colleagues from the community midwife teams and provide care for low-risk labour and births 24 hours a day, seven days a week.

All care is led by midwives and there are no obstetricians, anaesthetists or paediatricians in the Horton MLU for labour, birth or immediate care following birth.

CHOOSING TO HAVE YOUR BABY AT THE HORTON MLU

If you are healthy with an uncomplicated pregnancy, then planning to have your baby in a midwifery-led setting, such as the Horton MLU, is safe for you and your baby, and you are more likely to have a normal birth with fewer interventions.

As an MLU we offer care to women who meet the following general criteria; please also discuss your birth place options with your community midwife or your obstetric consultant.

- Healthy uncomplicated pregnancy and anticipating a normal birth
- Previous babies have been born vaginally
- Having your first to fourth baby (inclusive)
- Over 16 years and less than 40 years old at booking
- Between 37 - 42 weeks when labour starts
- Having a single baby
- A Body Mass Index (BMI) equal to or above 18 and equal to or less than 35 if having your first baby
- A Body Max Index (BMI) equal to or above 18 and equal to or less than 40 if having a subsequent baby and your previous births have been normal
- Haemoglobin (iron level) equal to or above 10.0 g/l at the start of labour

CARE AT THE HORTON MLU

At the Horton MLU, you will be offered a personal and family-centred service. There will be a strong emphasis on skilled, sensitive and respectful midwifery care. Our aim is to provide a safe, relaxed and informal environment and encourage normal childbirth by recognising, respecting and safeguarding normal birth processes.

The birthing rooms at the Horton MLU are designed to help you relax and promote the release of your natural pain-relieving hormones. We can also provide additional support including a birth pool, TENS, wheat bags, aromatherapy, massage, water, gas and air and/or meptid (an injection). Women are encouraged to labour in whatever positions they feel most comfortable, making use of furniture and birth equipment in the room.

We welcome and value the presence of partners and/or birth supporters, and will try to work with everyone present so that you have a positive birthing experience.

TRANSFER TO THE JOHN RADCLIFFE HOSPITAL

We cannot offer epidurals, induction of labour, or care for women with medical complications. Midwives are trained to deal with any unexpected emergencies and will monitor you and your baby regularly throughout labour. If complications develop, or if you request an epidural, you will be transferred to the John Radcliffe delivery suite by car or ambulance, depending on the circumstances, where you will be reviewed by a doctor.

Nationally the transfer rate for first-time mums is around 36 - 40%, and 10% for women having their second, third or fourth babies.