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
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
- If you are unsure or you do not meet the criteria please speak to your community midwife to understand the options available to you

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.