

11. In some circumstances, your midwife or doctor may recommend interventions to assist with your labour...

- ☐ I am aware of why assistance/intervention might be recommended
☐ I am not sure/I would like to find out more

Interventions may be recommended if your labour slows down, or if there are concerns with you or your baby's health.

My thoughts, feelings and questions:

12. In some circumstances, your maternity team may recommend an assisted or caesarean birth...

- ☐ I understand why an assisted birth might be recommended
☐ I am not sure/I would like to find out more

An assisted or caesarean birth may be recommended if it is thought to be the safest way for your baby to be born. Your doctor will discuss this with you and ask for your consent before any procedure is undertaken.

My thoughts, feelings and questions:

13. In some circumstances, your midwife or doctor may recommend a cut to the perineum to facilitate birth (episiotomy)...

- ☐ I understand why an episiotomy might be recommended
☐ I prefer to avoid an episiotomy
☐ I am not sure/I would like to find out more

An episiotomy may be recommended for an assisted birth or if your midwife/doctor is concerned that your baby needs to be born quickly. Your midwife/doctor will always ask for your consent.

My thoughts, feelings and questions:
