Princess Alexandra Wing
Obstetric Unit, Treliske
If you have certain medical conditions, have had a complicated previous pregnancy or a problem arises in this pregnancy, you may be advised to give birth in the acute maternity unit.

Here, care is given by a team of professionals, including midwives, maternity support workers, obstetric medical staff, anaesthetists and a neonatal team who have the skills and facilities in caring for women and babies with high risk factors.

Postnatal care
Most women are discharged home within a few hours of birth. There is a postnatal ward at Treliske, should you need a longer stay in hospital. The best place for you to recover is in the familiar surroundings of your own home.

On the day after discharge you will receive a telephone consultation or appointment (based on your need). This will be with a midwife in your local team, not necessarily your named midwife. If you have had your first baby, you will be offered a home visit.

You will see a midwife on days 5 and 10 after the birth (the day of baby’s birth is counted as day 0). These consultations are usually at a postnatal clinic in the community.

If you need extra support with feeding your baby you can be seen by one of our maternity support workers, who work alongside the midwives and can see you at home if necessary.

Contact numbers
Delivery Suite, Treliske: 01872 252361
Helston Birth Centre: 01326 430221
Penrice Birth Centre: 01726 873079

Urgent advice from community midwives:
Tel: 01872 258000

Further information
NHS choices/Pregnancy and baby
¹The Birth Place Study (2015)

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793
Most women will have a normal pregnancy and birth, and so there are a range of options available to you. It is important that wherever you choose to have your baby it is somewhere you feel comfortable and relaxed.

Your midwife will assess you throughout your pregnancy and will explain to you any risk factors which may influence your choice of place of birthing your baby. Giving birth is generally safe wherever you have your baby.\(^1\)

**Antenatal care**

In Cornwall we follow the national care pathway as recommended by the National Institute for Health & Clinical Excellence (NICE) – as demonstrated in your handheld notes. Community midwives in Cornwall work geographically within teams. You will have a named midwife and may on occasion meet other members of the team.

Your antenatal care may be provided at various locations such as GP surgeries, children’s centres and at home.

**Where can I have my baby?**

Your midwife will be happy to discuss your options with you and help you make the right decision for you and your baby.

**At home**

If all is well and your pregnancy is low risk, you may wish to think about a home birth where community midwives can care for you during labour and birth in the comfort of your own home. If you would like a water birth, you will be supported with this. If complications arise then transfer to hospital would be recommended. The transfer rate is 40% if you are having your first baby and 10% for your second and subsequent babies.

**Birth centres**

We are fortunate to have 3 midwife led birth centres in Cornwall. These are staffed by midwives and maternity support workers.

Evidence\(^1\) tells us that birth units appear to be safe and offer benefits to the mother. For planned births in a birth centre there is no significant difference in adverse outcome compared with planned birth in an obstetric unit. Women who plan to have their baby in a birth centre generally have fewer interventions and are more likely to have a normal birth than those who plan their birth at an obstetric unit.

**Truro Birth Centre**

Is planned to open in Autumn 2017 within the Princess Alexandra Wing at Treliske. It will be open 24 hours a day, 7 days a week.

There will be birthing pools available should you wish to have a water birth.

**Penrice Birth Centre**

Penrice Birth Centre in St Austell is open 8am-8pm Mon to Fri and 8am-4pm at weekends. Overnight there is an on call midwife to look after you during labour and birth. There is a birthing pool here. Tours of the unit are offered on alternate Sundays at 2.30pm, so you can see the unit, meet some staff and discuss options for care. This can be booked direct with Penrice.

**Helston Birth Centre**

Opened in 2006 and provides a relaxed ‘home from home’ atmosphere. It has one birthing pool so you will have exclusive use of the unit. The midwife on call will look after you during labour and birth.

**Isles of Scilly**

There are facilities to birth in St Mary’s Hospital or at home if suitable. Clinical reasons or choice may necessitate birth at Treliske.

With all of our birthing centres, if all is well, you will be discharged home within 2 to 6 hours after the birth of your baby.