

This is my first baby and I am thinking of having my baby at a
Free Standing Midwifery Unit (Arbroath/Perth)

- * Relaxing Atmosphere
- * Two birth partners can be present
- * Birth pool available
- * Birth balls and active labour equipment available
- * You are more likely to have a normal birth
- * You are more likely to breastfeed
- * You will have limited choice in pain relief
- * You may have to transfer to NW hospital in labour because there are no doctors on site
- * You are less likely to have a forceps, ventouse or c/section

What new mothers and midwives say about giving birth here

- * Water
- * Relaxation
- * Aromatherapy massage
- * Entonox (gas and air)
- * Diamorphine
- * Epidurals are only available at Ninewells Maternity Unit

A birth pool is available and for pain relief you can have

- * The chances of a normal birth are 83 in 100 (83%)
- * The chances of a caesarean section are 6 in 100 (6%)
- * The chances of a forceps delivery are 5 in 100 (5%)
- * Less than 5 babies in 1000 had an undesirable outcome

Numbers to think about



Arbroath Maternity Centre - DD11 2AT
 Perth Maternity Centre - PH1 1NX