

#mycaesarean

Introduction

At Gloucestershire Royal Hospital, we believe that every baby being born is special. During your caesarean, there are ways in which we can help to assist you having an individual experience for the birth of your baby.

There are many combinations of the listed choices which may make the birth experience more enjoyable and less stressful.

If this is something you would like to consider for your caesarean birth then please ask your midwife or obstetrician for more information.

Your choice

You can choose from the following to improve your birth experience. None of the choices will affect the safety of your operation.

Low lighting

The lights would be dimmed in theatre to create a calming atmosphere.

The use of aromatherapy

We will provide the use of aromatherapy to help you stay calm and reduce anxiety.

Music

We have a Bluetooth speaker in theatre for you to play your own music or we can play a relaxing playlist for you. Alternatively, you can create a playlist on your phone.

Having the surgical drapes lowered

If you would like to see your baby being born the drapes can be lowered during the operation or at the moment the head is visible. The drapes will shield your view of the surgery.

Immediate skin-to-skin contact

The baby will be placed in skin-to-skin contact with you as soon as they are born. If the drapes are lowered the baby can be born and placed immediately onto your chest.

Optimal cord-clamping

The baby's cord will be allowed to pulsate once born for around a minute.

This allows your baby to receive extra blood from your placenta which has important health benefits.

Allowing time for your baby to be born spontaneously

It can be possible to let your baby be born in its own time once the head has been guided out. This would need to be discussed with your surgeon on the day of your caesarean. Due to individual circumstances occasionally, this would not be advised.

Content reviewed: October 2025

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

*Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



Registered Charity 1051606

Every donation you choose to give helps your local hospitals do more to care for you, everyone you love and our passionate NHS staff.
If you would like to find out more, please contact:
Charity Office **0300 422 3231** or visit gloshospitals.nhs.uk/charity

GHPI1551_10_25
Department: Maternity
Review due: October 2028
www.gloshospitals.nhs.uk