



WELCOME!



VÄSTRA
GÖTALANDSREGIONEN

TO GIVE BIRTH – preparations



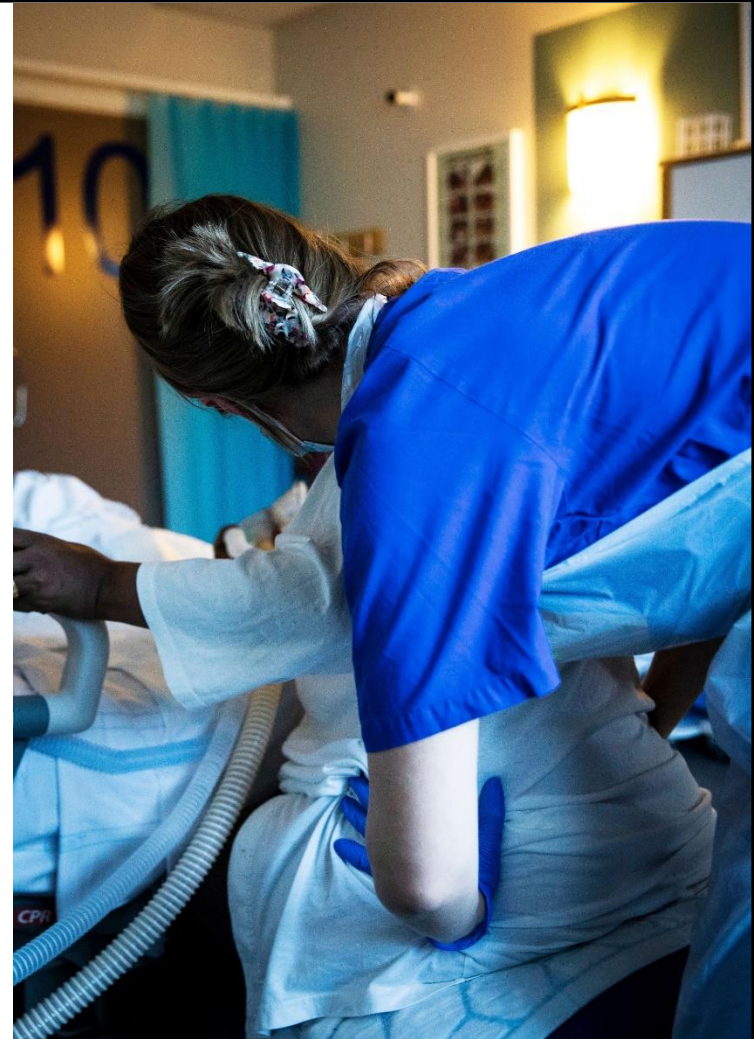
2025-03-25

ATT FÖDA - pepp och prepp



WHAT ARE WE GOING TO TALK ABOUT TODAY?

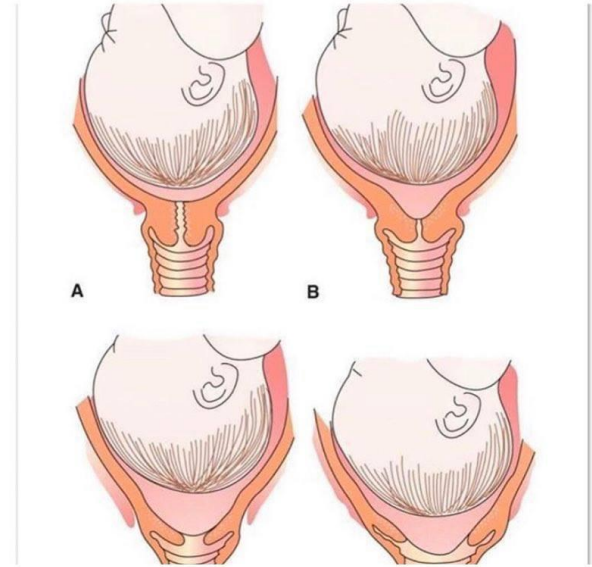
- What is happening in the body
- Preparations and the partners role
- Tips, trix and practical information



OXYTOCIN – THE FEEL GOOD HORMONE

THE PHASES OF BIRTH

- Latency phase
- Active phase
- Postpartum phase



LATENCY PHASE

- Relaxation, affirmations
- Music
- Rest or sleep, shower or bath
- Energy
- TENS
- Paracetamol 1 g



Labour-coordinator

■ 031-3431250 – All day, every day



When shall we call in?

- Water breaking
- Bleeding
- 3-4 painful contractions/10 minutes for 1 hour. How do they feel?



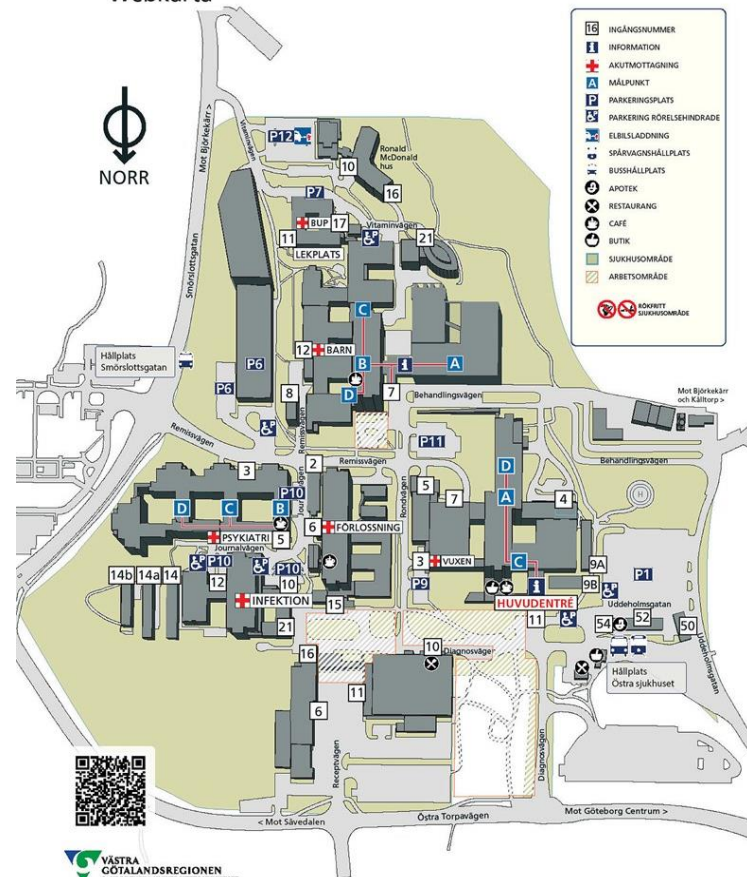
Förlossningen Östra Sjukhuset

WERE ARE WE GOING??

Address: **Journalvägen 6**

Östra sjukhuset

Webkarta





6 6

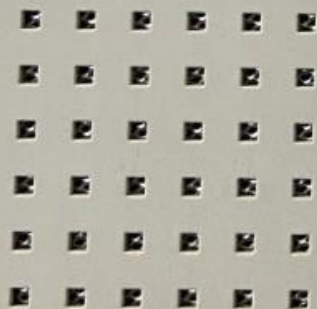
Förlossning

6 6

Fri höjd 3,6 m

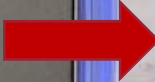
6

6

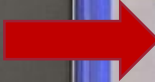


NEONATAL
AVD 316 PLAN 5

 SPEC-FÖRLOSSNING
AVD 314 PLAN 4

 FÖRLOSSNING
AVD 308 PLAN 1

NEONATAL
AVD 309 PLAN 1

 FÖRLOSSNING
AVD 312 PLAN 3

FÖRLOSSNING
AVD 315 PLAN 4



+ Avd 308 Förlossning

+ Avd 308 Förlossning
OBG - OBG - OBG



VÄNLIKT
BÄCK PÅ ETT ÖRÅR
ÅL ÖPPNAR ÅL
ÖRÅR



Sköpm
Elektrof





ANOTHER ROOM 😊



Active phase

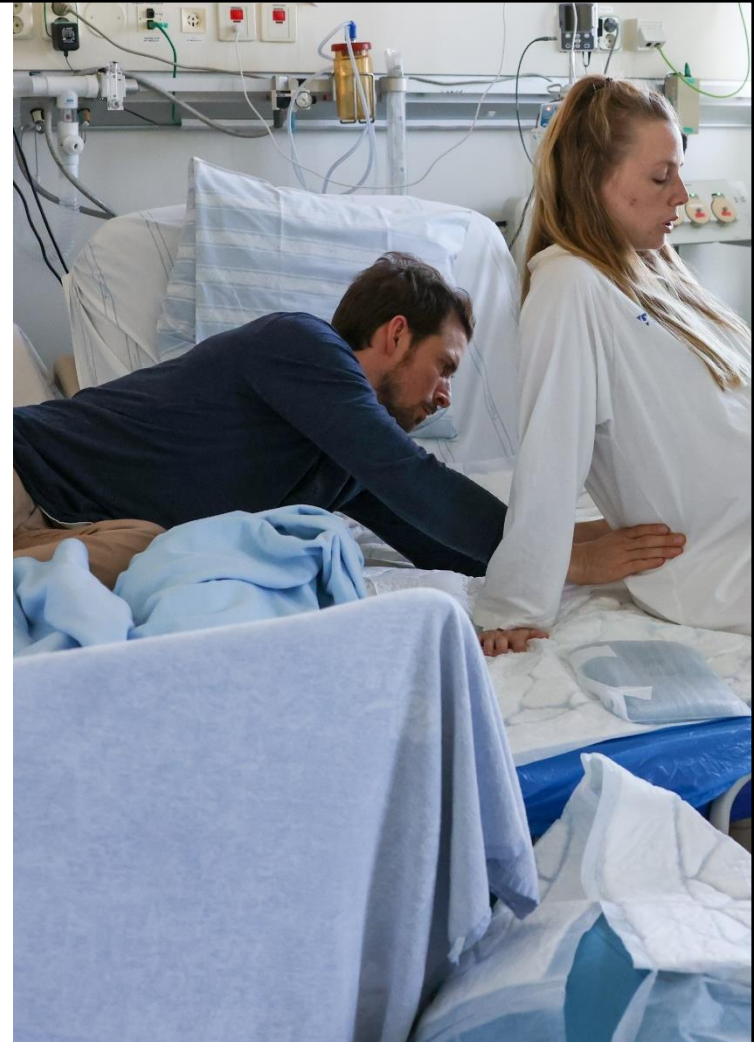
2 tasks for the one
giving birth: RELAX AND
BREATHE





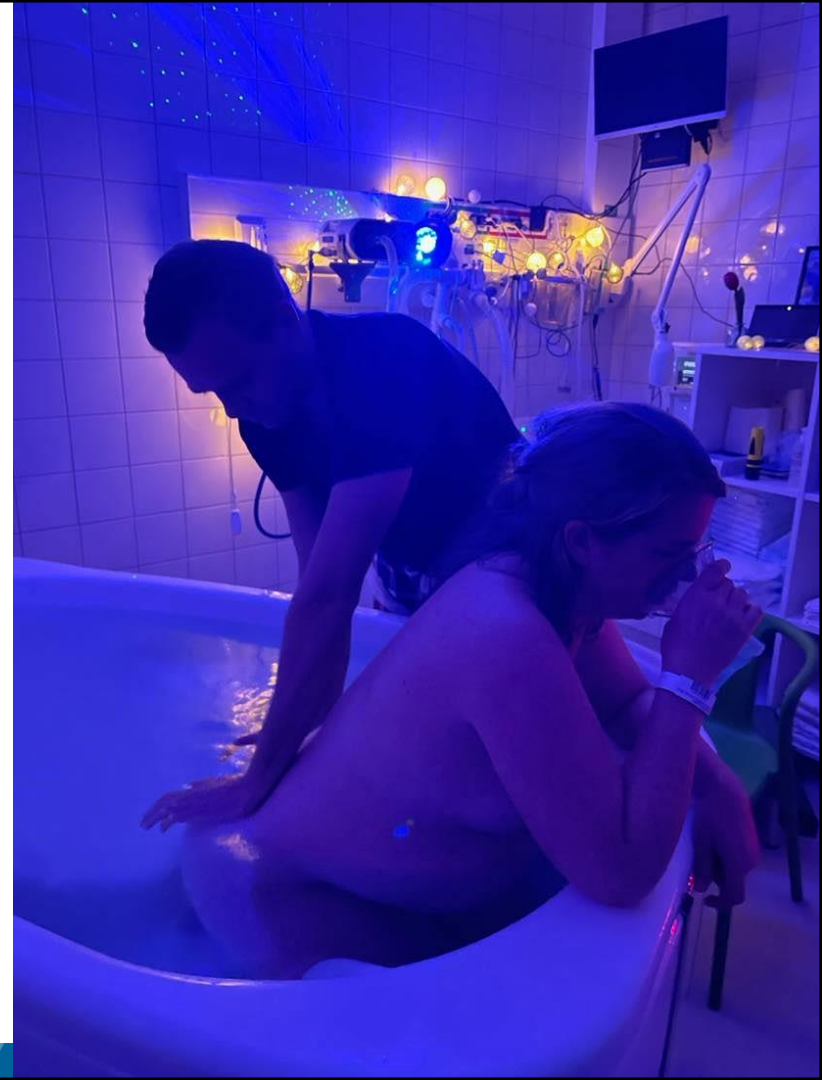
THE ROLE OF THE PARTNER/ SUPPORT PERSON

- Reminder/coaching
- Be flexible and responsive
- Massage/touch
- *Be there and be close*



Pain relief

- Nitrous oxide (laughing gas)
- Bath/shower/heating pad
- Massage
- TENS
- Subcutaneous injection
- Epidural/back painrelief
- Pelvic floor local anesthesia

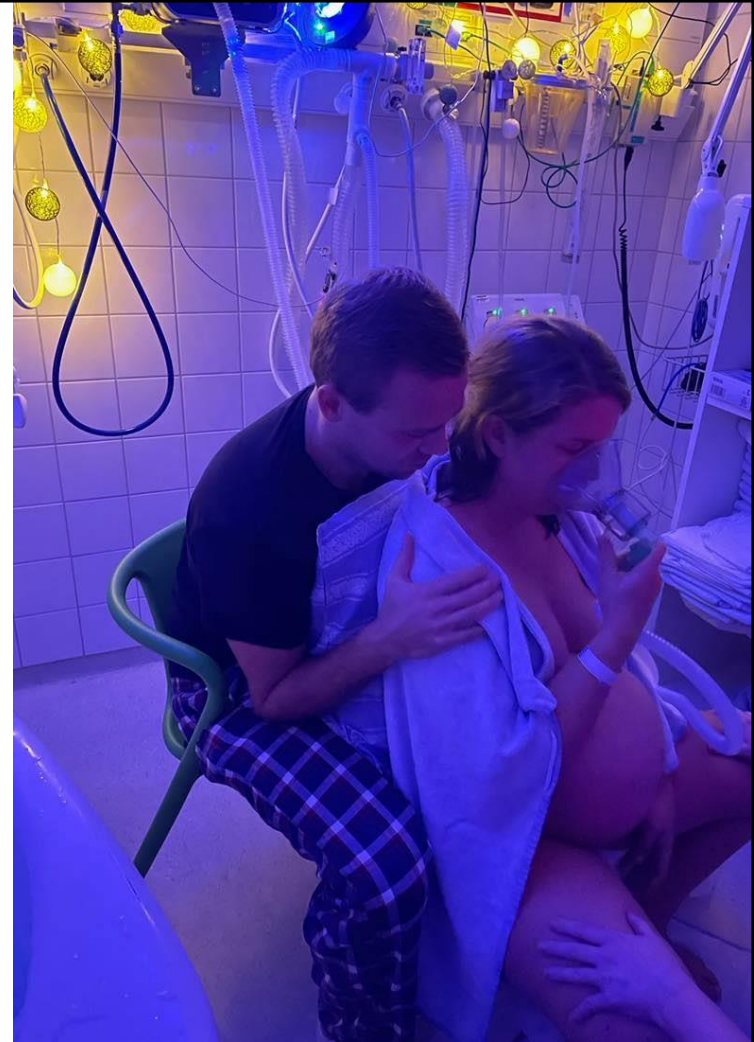


Epidural and gas



2025-03-25

ATT FÖDA - pepp och prepp



The push stage



- Communication
- Time
- Perineal protection
- Warm towels/bath
- Upright positions
- Two midwives one assistant nurse



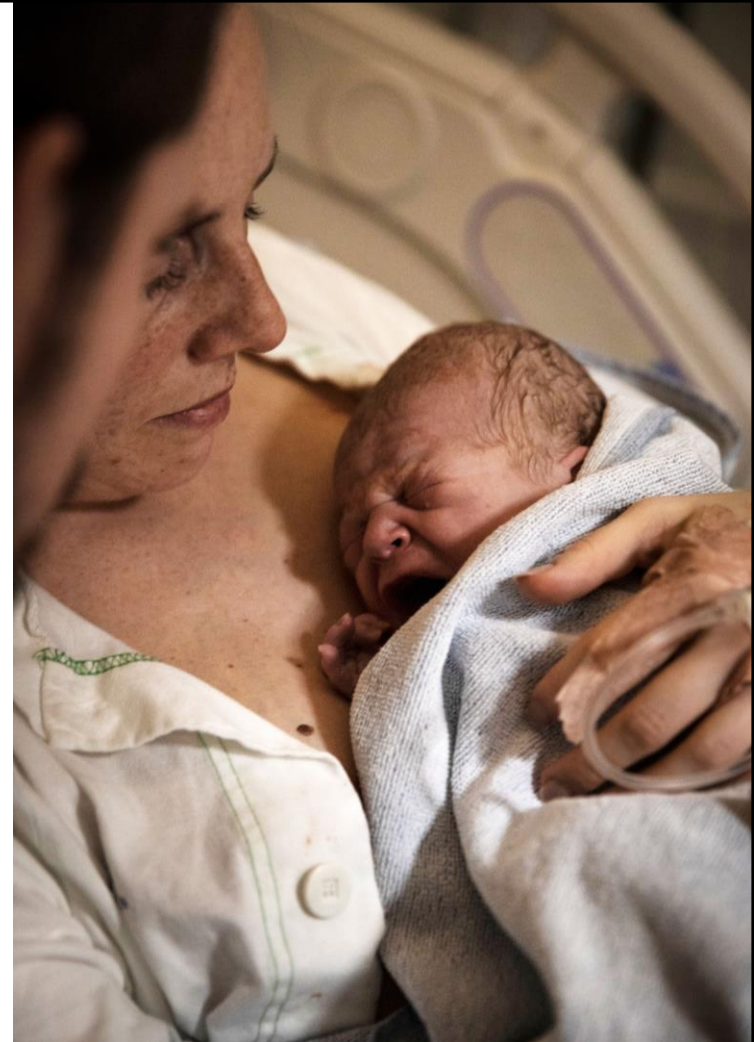


Afterbirth



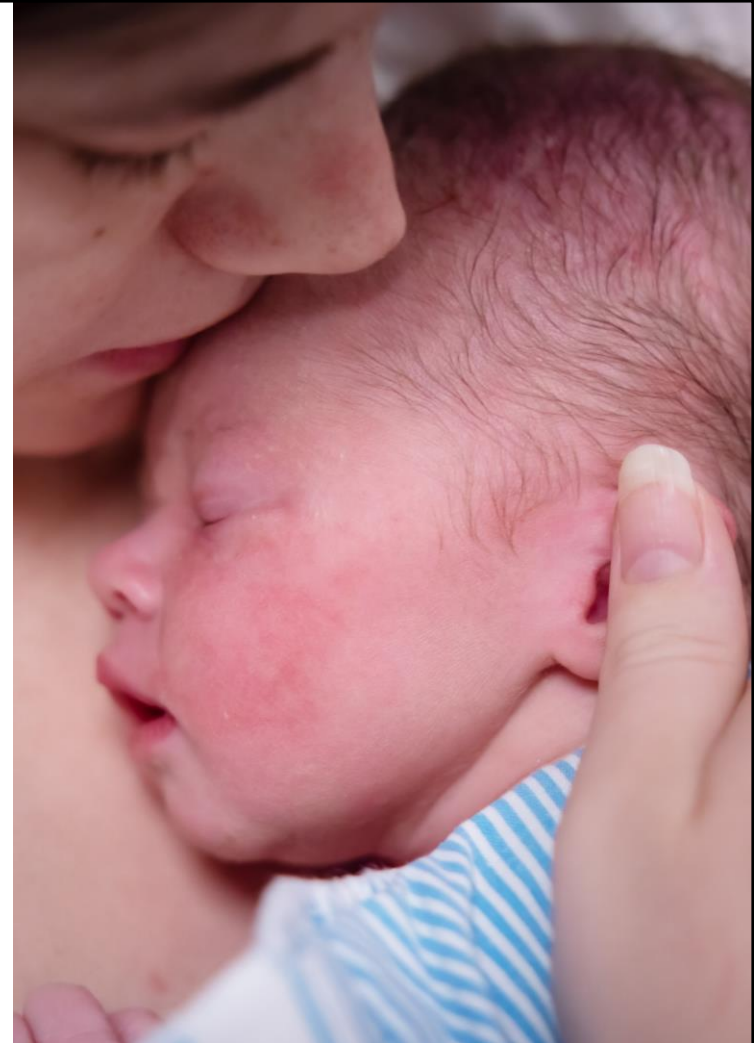
SKIN TO SKIN

- Making the baby safe and secure
- Helps the baby to keep blood sugar on a good level and keeps it warm
- Promotes breastfeeding



AFTERCARE

- Customized support - THG "trygg hemgång" or after care unit at the hospital
- Mobile after care team in your home (first time birth)
- Recovery and rest/babyblues



THE OTHER BAG, SUGGESTIONS

- ID
- Snacks
- Slippers
- Carseat – if you go by car, you can also rent
- Soft clothes
- Your own affirmation
- Lypsyl
- Speaker
- Toothbrush
- Babyclothes for going home





BIRTH IS
MIRACULOUS
HOWEVER IT
HAPPENS



QUESTIONS?

