

Birth Experience

A Guide for Patients/Families



This brochure provides information about Birth Experience. It is designed to respond to questions most frequently asked by patients.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



How do I know my labour has started?

You may have one of the following signs of labour:

- Abdominal pain, which starts from the back radiating to the front every 10-20 minutes at regular intervals and lasting more than 30 seconds.
- Blood stained vaginal discharge with or without pain and / or;
- Sudden gush of fluid leak through vagina with or without pain.

What should I do if I am in Labour?

- Come to the labour room of AKUH, if you are already booked for delivery and your pregnancy is more than 24 weeks or 6 months.
- Before 24 weeks or unbooked, you should visit the emergency department of Aga Khan University Hospital.

What will happen after I get admitted?

- Hand over your antenatal card to the unit receptionist of labour ward.
- You will be received by a nurse in the labour room, who will direct you to empty your bladder. Thereafter you will be taken to the labour suite for monitoring.
- You will be examined by a doctor on call in the labour room who will inform your consultant about your examination findings based upon which, a decision about your admission will be taken.
- If you are in labour, the labour progress will be assessed every four hours.
- The mode of delivery (vaginal delivery / caesarean delivery) will depend upon the progress of labour and foetal well being.

How long will my labour last?

This depends upon the stage of labour you are in. It also depends on your previous deliveries.

Labour has different phases. Early phase is prolonged up to 12-24 hours, whereas established labour takes 6-8 hours.

What will happen once I deliver?

Spontaneous / Assisted Vaginal Birth	Caesarean Delivery
<ul style="list-style-type: none">• If delivery is vaginal, you will be kept in the labour room for 1-2 hours for observation.• Nurse will help you in breast feeding your baby soon after the delivery.• You will be allowed to eat and drink in labour suite.• The doctor posted in labour room will assess your condition by checking the blood loss and the episiotomy (cut given at the perineum)• You will be shifted to your allocated room / bed.	<ul style="list-style-type: none">• You will remain in the recovery room for 1-2 hours for observation.• The baby will be shifted to the nursery and will be breast fed once the mother is shifted to the allocated bed.• You will be kept, nil-by-mouth until your doctors advice.

For postpartum care refer to patient and family education brochure on “Selfcare after child birth”.

For further information, please call:

Consulting Clinic 4
Aga Khan University Hospital
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Phone: 34930051,
Ext: 1033-1034-1036

Labour Room
Aga Khan University Hospital
Karachi
Phone: 34930051,
Ext: 4390-4391