



PAMELA YOUDE NETHERSOLE EASTERN HOSPITAL

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Department of Obstetrics & Gynaecology 婦產科

Husband attending labour and / or delivery

Congratulations to you, as an expectant father.

It does not matter whether this is your first child or not, the joy and the feeling that you experience will be unique and different. The whole process of pregnancy and confinement is something that you and your wife share. Mutual support, understanding and sharing pave the road to a more fulfilling family life.

Our department welcomes and encourage husbands to accompany their wives in the labour and delivery process. Your role is very important, and we would like to take this opportunity to provide you with some guidelines and suggestions.

Antenatal preparation

You are encouraged to learn and understand more about the pregnancy and the delivery process. You can do this by reading books, magazines or watching video-tapes. You are more than welcome to raise your questions to the doctor and the nurse in antenatal clinics or via telephone enquiry (telephone number of the recorder is at the end of the pamphlet).

Labour process (before full dilatation of the cervix)

This is the moment that you and your wife have been waiting for. Being slightly nervous and anxious is quite common and understandable. However, it is important that you remain calm in order to effectively support your wife. Your presence is much appreciated and is of great value.

You can now apply what you have learned previously. For example:

- ❖ Encourage her to take deep breaths every time the uterus contracts.
- ❖ Give encouragement to her. Tell her frequent uterine contraction would help the cervix dilatation.
- ❖ Tell her not to worry about the length of labouring time. Try to relax during every uterine contraction.

- ❖ Help her with the use of the Entonox apparatus.
- ❖ Hold her hands while she is in pain.
- ❖ Massage her lower back.
- ❖ Advise her not to push down yet, as this may cause the cervix to become swollen and the baby's head being compressed.
- ❖ Taking rapid short breaths can reduce her desire to bear down prematurely. You can do this together with your wife.

Delivery process (full dilatation of the cervix)

- ❖ Although we encourage and welcome husband to attend the actual delivery, some husbands, however, elect not to be present for various reasons, such as feeling uncomfortable when blood is present. It is therefore advisable to decide beforehand, and to prepare yourself psychologically.
- ❖ We will try our best to look after you and your wife and attend to your needs. In situation where there is a difference in opinion between the two of you concerning the delivery, your wife's wish would take preference.
- ❖ Things that you can do during the actual delivery process,
 - Encourage your wife to bear down with all her strength synchronously with the uterine contractions.
 - In between contractions, you can wipe off her sweats, give her some water to drink, or moisten her lips with water, in cases where fasting is necessary.
 - Firm hold on her arm during the contractions signifies support.
 - Since the delivery is being conducted with a sterile technique, we would appreciate if you do not touch any of the sterile drapes or instrument.
 - Once the baby is delivered, express your love and gratitude by hugging and kissing your wife.

If you request to wait aside during delivery, staff would let you see your baby at the first moment after bathing. You can accompany your wife again after wound repair.

Your presence, support and co-operation during the labour and delivery process are more important.

We sincerely hope that this experience will give you and your wife a most pleasant memory.

<h3>Remarks</h3>

- Please do not walk around in the delivery suite.
- Press the door bell every time when entering the delivery suite. If condition allowed, you will be welcomed to come in as soon as possible.
- Should you have any enquiry, feel free to contact the staff or doctors.