

## Fact Sheet

# Are you Eligible for a Homebirth?

womensnewbornhealth.com.au

## Are you eligible for a Home Birth?

To be eligible for homebirth you need to:

- Be aged between the ages of 18 and 40 years
- Live within Westmead hospital catchment area
- Live in a safe working environment for birthing that has:
  - Adequate lighting
  - Electricity
  - Access to clean hot water
  - Pets that can be secured
  - Easy access to the home for emergency vehicles
  - Parking availability for two midwives, and
  - Reliable phone access at all times.
- Have one or more birth supporters from family/ friends who:
  - Support your decision to have a homebirth
  - Are available to be present throughout your labour, the birth and the postnatal period to provide support to you and your baby
  - Are available to care for your other children if necessary.
- Have had no more than four, previous healthy pregnancies and uncomplicated births and recovery periods
- Be healthy and have a Body Mass Index no greater than 35 at booking
- Have regular antenatal care with a health professional
- Have a current uncomplicated pregnancy progressing normally, and be less than 8

months pregnant at the time of enrolling in the homebirth program

- Attend a 'suitability for homebirth assessment' appointment with your midwife on or before the 36th completed week of this pregnancy
- Be more than 37 and not more than 42 weeks pregnant at the time labour begins
- Have a single pregnancy with the baby in a head down position before labour starts
- Wish to labour naturally and:
  - Plan to use only natural remedies for pain relief during labour. Pain relief medications including epidural and nitrous oxide will not be offered.
  - Understand that you will be able to labour and birth in water if you wish
  - Be aware, receiving medication via an injection to assist with the delivery of the placenta once you have given birth is recommended.

The eligibility screening will continue right up until you go into labour. If any issues are identified your care will transfer to Westmead hospital but your caseload midwife will continue to care for you at the hospital.

**We welcome further feedback on this brochure as a way on continually improving our service.**

**Send your feedback to:**

wsllhd-wmdwnhwebsite@health.nsw.gov.au

