

Information for patients and visitors

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# Role of Birth Partners

**Obstetrics & Gynaecology  
Women & Children's Services**

**This leaflet has been designed to  
give you important information  
about your role as a birth partner.**



# Information for patients and visitors

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## Introduction

This information leaflet gives you information about labour and guidance about the role of the birth partner and how to give support through early labour (latent phase) and established labour and the birth.

For many women and their partners and families pregnancy and giving birth can be a very scary but exciting time in their lives. It is important that the woman and the birth partners are prepared for what lies ahead on a journey to having a baby.

In hospital, up to two birth partners are allowed in the Labour area, once labour is confirmed. This enables them to provide support throughout the labour and birth.

## Labour Assessments

When you attend the Ward for a labour assessment it is important to ring your team at DPOW or the Central Delivery Suite at SGH first, so the midwife can assess what is happening and advise where you need to be seen if this is appropriate. When you attend the Ward it is important to bring your hand held records with you.

The midwife will explain the procedure and perform an assessment and explain her findings. If you are not in labour or in the latent phase you will be sent home.

## Latent Phase of Labour

The latent phase of labour is where the women may begin to have some irregular contractions and the body is preparing for labour. The latent phase can go on for a few days. During this time it is important to encourage your partner to eat & drink little and often, to keep hydrated and maintain her energy levels. You can encourage her to take regular pain relief, which the midwife will advise about. Also to take plenty of warm baths which will help relieve the pain. It is also important to suggest she rests and sleeps as much as she can.

## Labour

When you are in labour, the role of the birth partners is to be there for the woman to provide emotional support in the form of encouragement, praise, reassurance and listening.

To be an advocate in which the woman's wishes are represented.

To give physical support by rubbing the back, using cool compresses on the face, assisting with changes in position.

Keep other relatives updated as necessary mobile phones can be used in designated areas as needed.

If two birth partners are present it is very important that at least one birth partner stays with the woman throughout the labour and birth so she receives good support.



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Birth partners are advised to bring snacks with them and wear loose comfortable clothing as the delivery rooms are very warm at times.

It is also important that birth partners ensure they wash their hands and use the hand sanitizers provided whilst being a support to reduce the risk of infection wherever possible.

At Diana Princess of Wales Hospital (DPOW) one birth partner is able to stay overnight following the birth. The staff will offer advice about this. At Scunthorpe Hospital one birth partner can visit from 9 am to 9pm after the birth, however there is no facility to allow birth partners to stay overnight. There is also no designated visiting on the Central Delivery Suite at SGH. Visitors are able to visit on Ward 26 following the birth at the designated visiting times.

It is important to keep rooms clutter free and tidy; this can be helped by not bringing in big bulky items such as car seats.

Birth partners should be aware that they cannot swap around and only those birth partners identified initially will be allowed to stay with the woman for security reasons. All ward areas are secure locked and it is important that birth partners stay on the unit and if they do have to leave the unit for any reason should not hold main doors open or allow others onto the unit.

The Trust has a strict non-smoking policy and smoking is not permitted anywhere within the Hospital.

## Visiting Times

### Ward 26 SGH visiting hours

#### No designated visiting on Central Delivery Suite

14.00 – 16.00

18.30 – 20.00

### Maternity Wards DPOW

14:00 – 16:00

18:30 – 20:00

## Parking

On-site parking is available. There is a charge for this.



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### Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

**Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.**

### Northern Lincolnshire and Goole NHS Foundation Trust

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