

**Information about requesting caesarean
section birth**

Women's Health Directorate Offices
10th Floor, North Wing
St. Thomas' Hospital
Westminster Bridge Road
SE1 7EH

Dear ...

Welcome to Guy's and St Thomas' maternity unit and congratulations on your pregnancy.

Our aim is to provide the highest quality care that is based on current evidence to ensure a safe birth for you and your baby.

This letter is to inform you of the policy at Guy's & St. Thomas' NHS Foundation Trust regarding request for caesarean section as a birthing option, when there are no concerns about the health of the mother or baby and no medical reasons to undertake this surgery.

If your pregnancy progresses normally, a natural birth is safer than a caesarean both for that birth, and in future pregnancies if you decide to have more children, and it is therefore our policy not to offer a choice for caesarean birth.

If you are anxious about giving birth, we can arrange for you to talk to a specialist midwife or an obstetrician where you will have the opportunity to talk about your concerns. They will consider your personal circumstances and agree with you an individualised care package to help you feel confident about your birth.

We have discussed and agreed our policy with other maternity units in South East London and the body that commissions our services, and hope that you understand and agree that it is in the best interests of all our expectant mothers.

Yours sincerely



Clinical Director for Women's Services



Director of Midwifery & Head of Gynaecology
Nursing