

Sample letter to Dr of Obstetrics

Date: 20 August 2017

Dr REDACTED
Director of Obstetrics
HOSPITAL
ADDRESS

Dear Dr REDACTED

I refer to the HOSPITAL policy guide for VBAC located at
https://www.seslhd.health.nsw.gov.au/rhw/manuals/documents/Antenatal_Pregnancy%20Care/nbac.pdf

I confirm I have read and understood the above policy guidance and the risks and benefits of the policy (as set out in the guidance referred to above and specifically noted below). I wish to decline the following routine procedures/offerings:

1. Continuous electronic fetal heart rate monitoring (EFM) once in established labour
- Intravenous cannula on admission
2. Labour in the delivery suite as a default
3. Routine antibiotics where there is no medical necessity or indication
4. Physiological third stage synthetic oxytocin unless medically required (to be discussed further on 23 August 2017 at our final appointment)
5. Instead, I consent to use of the handheld Doppler for monitoring and for psychological reasons I wish to labour in the birth center as discussed.

I confirm I understand the risks associated with refusal of the above standard policies but also note that studies, for example those published by the Cochrane review, show little or no benefit to the aforementioned policies and I believe in my circumstances declining these standard offerings are in the best interests of my health and my baby's health and well-being.

I also note that during our various discussions at antenatal appointments, we discussed the option of the Foley catheter and massage of the cervix if dilation is not progressing during labour.

Many thanks for your support and encouragement throughout this pregnancy, it is most appreciated.

Kind regards
WOMANS NAME REDACTED



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