

## Low Haemoglobin



Discussion points for home birth in the presence of a current haemoglobin < 100g/litre

<p>The risks associated with a low haemoglobin:</p> <p>Most woman with anaemia in pregnancy go on to have a healthy pregnancy and baby. However, anaemia has been linked to pregnancy complications before and after birth if it isn't treated. These can include:</p> <ul style="list-style-type: none"><li>• postpartum haemorrhage (losing excess blood from womb after birth) and your body being less able to cope with blood loss during</li><li>• premature birth</li><li>• low birth weight</li><li>• iron deficiency in your baby in their first 3 months of life</li><li>• problems with the baby's mental development</li></ul>	
<p>To effectively reduce risk to you, it would be advisable to birth in a hospital with Obstetric doctors' (who specialise in caring for pregnant women) input.</p>	
<p>The risk associated with a low haemoglobin is that should you bleed heavily following your birth, you will be less likely to be able to cope with the effect of the blood loss as your iron levels are already low, causing you to feel faint, dizzy, unwell and with a reduced ability to fight infections.</p>	
<p>To reduce your risk of bleeding heavily following your birth, it is recommended that you have an actively managed 3rd stage.</p>	
<p>Even in an actively managed 3rd stage there is no guarantee that a postpartum haemorrhage (excessive blood loss) will not occur.</p>	
<p>A postpartum haemorrhage can cause sudden and unpredictable collapse and in this event immediate transfer into hospital via ambulance would be necessary.</p>	
<p>There is an increased risk of maternal death/ illness when a postpartum haemorrhage occurs.</p>	
<p>If during your birth the midwife caring for you becomes concerned, you will be advised to transfer to hospital.</p>	