



Birth Planning

Dichorionic diamniotic (DCDA) Twins (Robson Group 8)









Data from 2016-2021 (450 women)

BIRTH OUTCOMES FOR MTW

- SVD (both twins) 19%
- Forceps / ventouse (both twins) 11%
- SVD / emergency caesarean (both twins) 3%
- Emergency caesarean (both twins) 27%
- Elective caesarean (both twins) 40%



Improving birth experience, minimising intervention and achieving best outcomes

-  **Water for labour**
-  **Position and mobility in labour**
-  **Monitoring in labour**
-  **Hypnobirthing**
-  **Complimentary therapies (aromatherapy, massage, acupuncture)**
-  **Pain relief**

Minimising perineal trauma

- Antenatal perineal massage
- Warm perineal compress for 'pushing stage' of labour.

Skin to skin contact at birth

Please discuss your options with your midwife or doctor

Further information available at the following websites:

www.mtw.nhs.uk/service/maternity
www.facebook.com/MVPEastKent

www.kentandmedwaylms.nhs.uk
www.thedadpad.co.uk/app

