Our Birth Story – The Shannon Family

We were due on 10.10.10 with our surprise. On 9.28.10 I was put on bed rest with high blood pressure and swelling. They were trying to make sure that I did not develop preeclampsia. Well, 10.10 came and went with no baby. On the 11th we went to the doctor for a sono and monitoring to see how the baby was doing because we were “late” and how my body was handling it. She talked about inducing but knew that we wanted to go natural so she said that she would let me go until Wednesday, when we would have to come back in for another appointment and see how all was going. Well, once we had the appointment, the Dr. came in and told Jeff and I that for my health and baby's that we would need to induce. We would go from her office, leave for lunch and one last walk then check into the hospital. We did as told and they called us to come check in at 2:30pm. We arrived at the hospital, got the bags out of the car and headed to labor and delivery. While checking in, we heard this terrible scream and the nurse looked at me and said "oh don't listen to that, that lady just came in and is giving birth without an epidural!" I looked at him and said, so am I, and he just got right back to the paperwork and did not look at me.

Anyway, we were taken to the labor and delivery room where we would stay until after the baby was born. At 5pm, they inserted Cervadil to soften everything for the Pitocin in the morning.

*Side note, we were very sad that we were going to have to be induced and not able to labor at home, but knew we had to look at the risks for our health as well.*

Ok, so at 3:00am they came in to remove the Cervadil, let me shower and then start Pitocin. They removed it and I tried to take a shower, but contractions has started on there own. The nurse checked and I was 3cm along. They agreed to wait a bit on the Pitocin to see if I would just keep going on my own or not. Thank goodness, I just kept going and never actually had to have any of the medicine!!!!!! I went from 3cm at 3:30am and was fully dilated by 8:30am, 100% effaced and stage 1. We thought, yes, go time. Even the nurses were talking about how quick this was for a first time mom. At 8:30am I started pushing this little one out. After about 2 hours, they started talking about giving me Pitocin to move the pushing along better or an epidural to get my body to relax and baby to come down and out. After about 3 hours they also started talking about a C-section due to the time I had been pushing with little progress. Thank goodness at every suggestion, something would change and we would move forward a little.

After 4 hours of pushing, our son was born. I did break down and ask for the epidural twice, but my amazing husband kept telling me, you can do this, look how far you have come. Without him, I would have cracked, but he stayed by my side every second. He helped me with everything. Everything we learned, he did and so much more. He would help me into labor positions, rub my back and just encourage me the whole time.

At 12:20pm Breck Austin Utah Shannon was born, 8lbs 3oz and 20 inches long. It was medically necessary for me to have an episiotomy done, but I did not feel it at that time (I do now for sure). One of the greatest moments was when they placed him on my chest and let Jeff make the call as to boy or girl. He was able to look and say that we have a son. He cut the cord and we just took in the moment. I was able to nurse for a short time, but they had to take him due to the fact that I started to bleed out.

They could not get it to stop, so they gave me a shot in the leg to get the bleeding to stop and my uterus to contract, as well as start a Pitocin drip. The bleeding slowed down and Jeff went with Breck to the nursery and to tell family. When he returned, it was not something anyone wanted to walk into (from what they told me) as I had started to bleed again and the doctor was on the way back. They ended up having to hand extract several blood clots out and then were telling us the steps of what may happen, including a blood transfusion, DNC or hysterectomy. That had to be to the scariest thing Jeff or I could ever imagine or hear. Thank goodness, the hand extraction worked and we did not have to go further. They kept me monitored closely for several hours before we could go to our post-labor room. All is well now, just keeping an eye on it and watching to make sure I have no symptoms from this point on.

We are home now and all doing well. Breck is amazing and we feel so blessed. He is a great eater as well.