

# Birthing Your Placenta

## The Third Stage

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The logo for the Association for Improvements in the Maternity Services (AIMS). It features the word "AIMS" in a bold, black, sans-serif font. A small, stylized flame or drop shape is positioned above the letter "I".

**AIMS**

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## **A Note to International Readers**

Although this booklet is written in the UK, we are aware that we have many international readers; women, midwives and others. We have sought to include enough detail to equip women in the UK with the knowledge that they need to make informed decisions. In order not to exclude readers from areas where practices, drugs, terminology and experiences may be different, we offer a few notes below as a quick guide to translation. The UK terms are explained throughout the following text

### **UK Terminology**

Uterotonic  
Syntocinon  
Ergometrine  
Misoprostol  
Carbetocin

### **Terminology used elsewhere**

Ecbolic  
Pitocin, Oxytocin  
Methergine, Ergonovine  
Cytotec  
Duratocin, Pabal