

- For most women an epidural gives good pain relief in labour.
- It may take up to half an hour to complete. It is done by a specialist doctor called an Anaesthetist.
- The epidural is inserted with you either sitting or lying on your side.



- The anaesthetist inserts a fine plastic tube through a needle in between the bones of your spine; the needle is withdrawn leaving the fine plastic tube in place. This is secured in place with a dressing until the baby is born.
- Local anaesthetic can then be injected through the fine plastic tube
- In some cases of assisted delivery for example Caesarean Section or Instrumental delivery the same epidural can be used to give stronger local anaesthetic drugs to deliver the baby.
- In rare circumstances spinal anaesthetic may be considered instead of an epidural. Your anaesthetist will discuss this with you.

Dr. Parveez Ahmed
Consultant Obstetric Anaesthetist



Contact Us

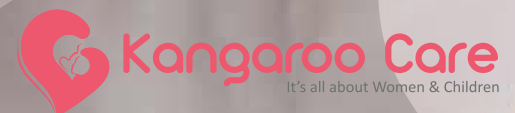
Kangaroo Care - Bangalore

#89, 17th cross, MC Layout, Vijayanagar, Bangalore - 560 040
Call us: **1800-425-4500**

Kangaroo Care - Mysore

#505 Kalidasa Road Vijayanagar 1st Stage Mysore 570017

Kangaroo Care Fertility
www.kangaroocareindia.com



PAIN RELIEF IN LABOUR

What is available?

Labour is a natural process but can be very painful so it is important to learn about all the ways you can relieve pain in labour and how your doctor can help you. Remember to be flexible as you may find you may want more or less pain relief than you had planned and more effective pain relief may be advised to assist with delivery.

Attend parent antenatal workshop classes conducted on the first Saturday of the month, as the classes may help you to understand the mechanism of labour and instruct you on how you can help yourself.

Types of pain relief

Self help

Using relaxation techniques, breathing, keeping mobile, having a birth partner or someone to support you and massage you. Having confidence in your body will also help

- This works by stimulating nerve endings in the body which then release natural painkillers called endorphins so helping with your pain.
- It also works by reducing the number of pain signals being sent to your brain.

Entonox

This is a safe mixture of oxygen and nitrous oxide. It is available in a cylinder; you breathe in through a mouthpiece which you hold yourself.

- Entonox won't remove all the pain, but it can help you by reducing the pain, so making it easier to bear.
- Many women like it as it is easy to use, and you can control it yourself.

- The Entonox takes 15-20 seconds to work, so you should breathe in just as your contraction begins and before it gets painful. To clear your head between contractions, stop breathing in the Entonox as soon as the contraction pain starts to go away.
- The gas and air could possibly make you feel a little light-headed or nauseous and your mouth a bit dry. There are no known harmful side effects for your baby.

Injections (Pethidine)

At kangaroo care, Pethidine as a pain-relieving injection in labour is available.

- It is given into your buttock and takes about 20 minutes to work. The effects last between 3 and 4 hours
- However, it can make some women feel drowsy, dizzy, sick and forgetful.
- Some medical conditions preclude the use of pethidine. If you are unsure discuss this further with your doctor.

TENS (Transcutaneous Electrical Nerve Stimulation)

TENS machine is available at Kangaroo Care.

- The nurse on the labour ward will help you apply the TENS machine.
- Electrodes are placed on your back with sticky tape by your nurse.
- These are connected to a battery powered stimulator known as an 'Obstetric pulsar'
- You hold the pulsar controls and give yourself a small but safe amount of current.



Epidural Analgesia

An epidural is a special type of local anaesthetic procedure. It numbs the nerves which carry the feeling of pain from the womb and the birth canal to the brain. There may be a need to discuss suitability of this method of pain relief with an anaesthetist early in pregnancy especially if you have any medical, skeletal or allergy problems.

This can be discussed further with your doctor who can also arrange for a convenient appointment with an Obstetric Anaesthetist if needed