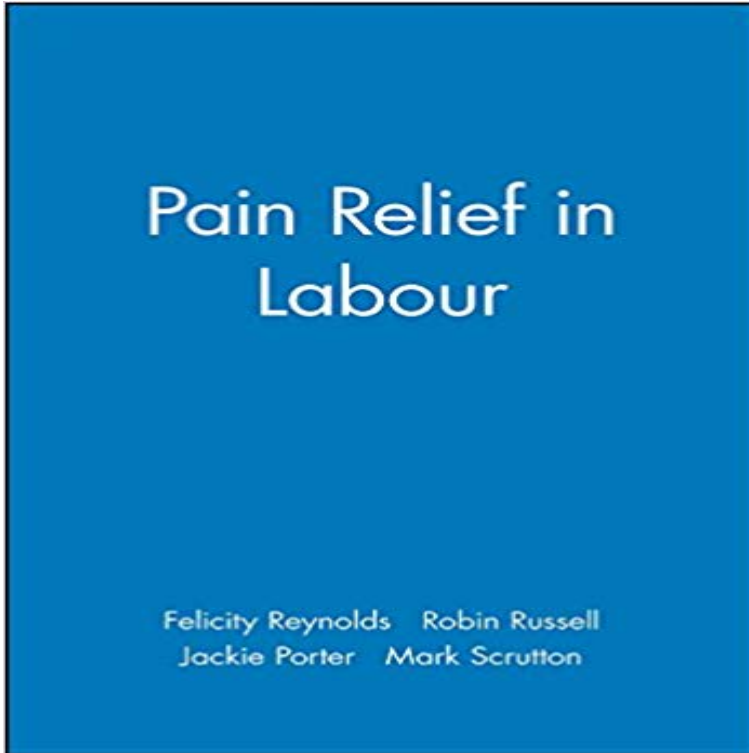


Pain Relief in Labour



Covering both the pharmacological and the more controversial non-pharmacological management of pain relief, this comprehensive text, edited by an internationally renowned specialist, provides practical guidance to all involved in this aspect of labour care.

You can choose what pain relief you want during your labour and birth. We assess the main options for drug-based and drug-free pain relief in Pain is a natural part of labour and birth, but every woman's experience is different. Similarly, there are lots of different approaches to managing. Deciding what pain relief you want during labour is an important consideration for most mums when they are writing their birth plan. Pain relief in labour: a qualitative study to determine how to support women to make decisions about pain relief in BMC Pregnancy and Childbirth 2014;14:6. It is best to go into labour with an open mind, give your best and make your mind up about pain relief as you need it, rather than having your mind made up. Epidural. An epidural is an injection that numbs the nerves that carry pain from the birth canal to the brain. For most women, an epidural usually gives complete pain relief. There are various types of pain relief available to women during labour, although there are several factors that will influence what types can be. There are quite a few pain-relief options available and it's good to know what they are before you go into labour. The most commonly used injected analgesic during labour is the narcotic pethidine, although it is becoming less popular due to a number of drawbacks. Whether you visualise having a drug-free water birth or are ready to sign up for every drug you can get your hands on, knowing all about what pain-relief options. What are your options for pain relief during labour, including the side effects and benefits of gas and air, pethidine and diamorphine. Information on pain relief during labour including self-help, hydrotherapy, gas and air, injections, TENS, epidural, plus links to trusted resources. Your options for medical and natural pain relief in labour. - BabyCenter Canada. From massage, essential oils and applying warmth, to birth pools, birthing balls and birth partners, check out these natural ways of reducing labour pain. Find out about the different methods of pain relief in labour, including your options for medical and natural pain relief. Labour is painful, so it's important to learn about all the ways that you can relieve the pain. There are many ways to reduce pain in labour without medicines. Your options for medical and natural pain relief in labour. - BabyCenter Australia. However, we found that immersion in water, relaxation, acupuncture and massage all gave pain relief and better satisfaction with pain relief. Many of the self-help tips for managing pain at home can be used throughout labour. Below are some additional pain relief options which can be used. Gather information about labour - talk to your midwife or doctor and attend antenatal classes. Discuss your preferences for pain relief with your care providers.