

Pain relief during birth?

When you are having your baby you have **pains** called contractions.

The contractions tell the midwife and the doctors when your baby is going to be born.

What are contractions?

Your baby is in a part of your body called your uterus. Contractions are when the uterus is **squeezing the baby out**.



Where will hurt?

It will **hurt** in your **tummy**, your **back**, and around your **hips**, it might hurt in only one of these.

What can I do?

- The pain you feel is **normal**. It is your body working properly.
- Try to **relax**.
- Ask your family to **rub** your **back**.
- Try to keep **moving around**.
- Keep **comfortable**
- When you are first in labour you can have a **bath** or a shower.
- **Eat** snacks and **drink** sips of water often.



The midwife and doctors at the hospital can give you a **choice** of **pain relief's** before you go into labour. You can **choose** which one you would like to choose.

Sometimes, you have to choose a different medicine. You might have to choose one that is better for you and your baby.



How can the hospital help?

Water

Having a **bath** will help you relax. It allows your body to make its own pain killers. The water needs to cover your bump.

What are the good things about using water?



- Can help you **relax**.
- Can make labour **easier**.
- Helps you **stay sitting up** and move around.
- Can be used **with gas and air**.

What are the bad things about water?

- If you or your baby needs to be **monitored** you need to stay **out of water**.
- **Somebody** else might be **using** the pool when you need it.

TENS machine.

TENS machines have **pads** that are attached to your **back**. You are given a box and can **press the button** when you feel pain.



What are the good things about using a TENS machine/

- You can **control** the pain.
- Can be used **with gas and air**.
- Can be **used** at **home** before you go into hospital.

What are the bad things about using a TENS machine?

- You will still **feel some pain**.
- The machine has to be **hired** from somewhere else.

If you would like to use a TENS machine **ask** your **midwife** about hiring it.

Entonox (Gas and air)

Entonox is a **mask** that you put on your **face**. You **breathe** in and out normally.

What is good about Entonox?



- It works **fast**.
- You can **control** the pain.
- Can be **used** with **other** types of **pain relief**.
- **Oxygen** is **good** for your baby.

What are the bad things about using Entonox?

- It can make you **feel dizzy**.
- May make you **feel sick**.
- You will still feel **some pain**.



Pethidine

Pethidine is an **injection** into your **leg** or **bottom**. Once you have had an injection it will **last** about **4 hours**.

What is good about using Pethidine?

- You feel **less pain**.
- Allows you to **rest**.

What are the bad things about using Pethidine?

- It can **affect** the **baby's breathing**.
- You might have to **stay in bed**.

Epidural

An epidural is an **injection** in your **back**. It **takes away** the **feelings** from **below your waist**.

What is good about an epidural?

- It **takes away** the **pain**.
- Can be **easily topped up**.

What are the bad things about an epidural?

- You will have to have a **tube** put in you so you can have a **wee**. This is called **catheter**.
- It makes you **more likely** to **need help** from the midwife to **get the baby out**.

