



# MOTHER & CHILD

TAKING THE HARD WORK OUT OF LABOUR



**HINDUJA HEALTHCARE**  
*Surgical*

# Welcome your *baby* with a smile

Giving birth to your baby can be a truly satisfying experience if you know what to expect and how to make labour less painful. This booklet takes you through labour pain and its relief.

## What pain relief is available?

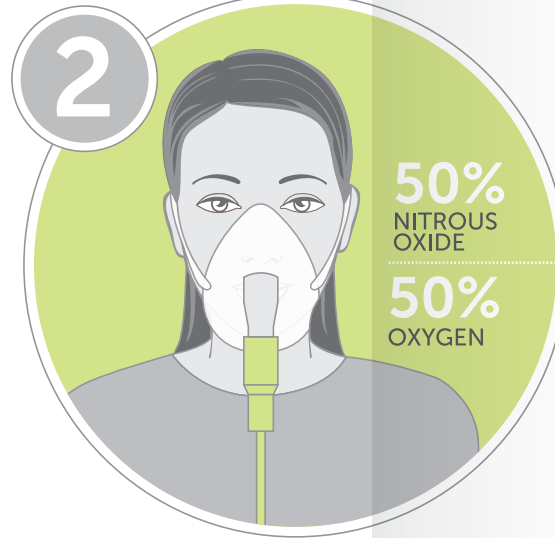
While it may be difficult to determine in advance what sort of pain relief suits you best, your doctor or Anesthesiologist will inform you about the types of pain relief provided here. Besides which, you will be given full demonstrations during your antenatal classes at HHS.

1

### SELF-HELP METHODS

It's not easy to relax when you are in pain and it helps to practice before you actually go into labour. Here are a few ways you can learn to relax:

- Calm breathing helps increase the oxygen supplied to your muscles, so it makes the pain less intense. Also, focusing on breathing distracts you from the pain
- Having a massage while you are in labour could be comforting and reassuring

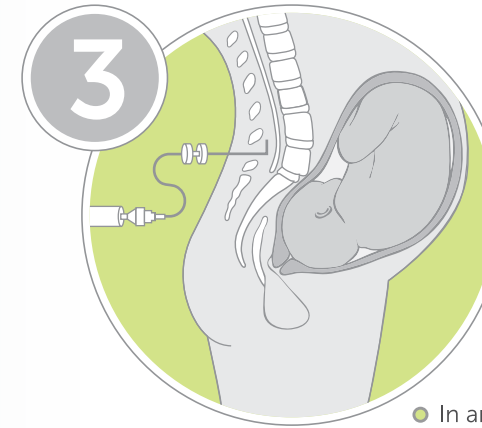


### ENTONOX

Entonox is a gas made up of nitrous oxide and oxygen in the ratio 50:50, and is often called gas and air.

- You breathe this gas through a mask or mouthpiece
- It is simple, works quickly and wears off in minutes
- It sometimes makes you feel light-headed
- It doesn't harm, in fact the extra oxygen may be good for you and the baby
- It won't take your pain away completely, but helps to ease the pain
- You can use it at any time during labour

You control the amount of Entonox you use, so timing is important to get the best effect. You should start breathing Entonox as soon as you feel a contraction coming on, so you get the full effect when the pain is at its worst. You should not use it between contractions.



### EPIDURAL ANALGESIA

An epidural is the most effective pain relief available. What makes it unique is that during an epidural the mother is alert, active and aware. So she can participate in the labour process with pain-free contractions.

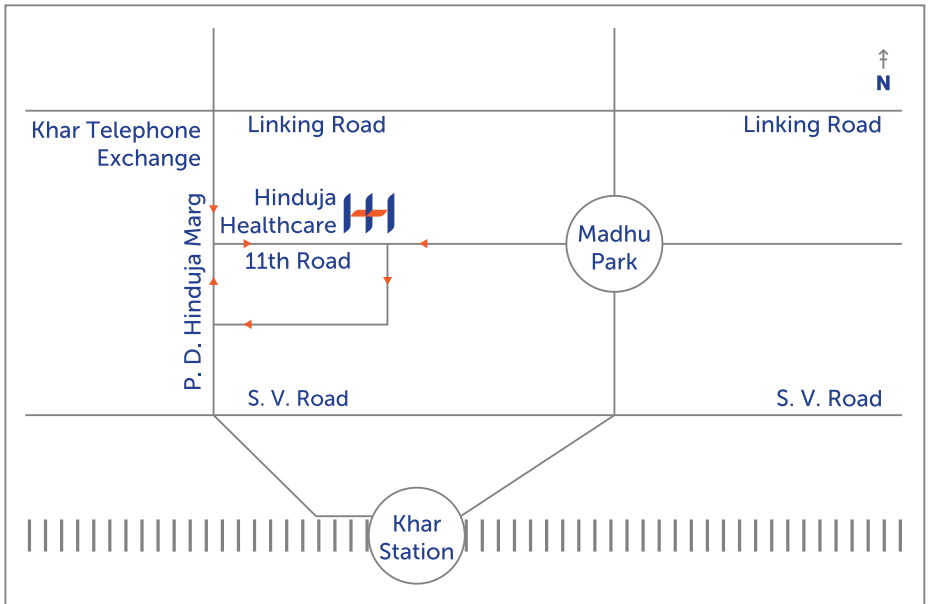
- In an epidural, a fine plastic tube is put into the lower part of the back through which pain relieving drugs can be given (analgesics)
- A trained doctor or specialist (Anesthesiologist), inserts the epidural with assistance of a nurse/technician in the labour room
- Most women are suitable for an epidural. Any medical disorder or specific complications in pregnancy should be discussed with your doctor or Anesthesiologist before entering labour
- An epidural usually takes 15-20 minutes
- It takes approximately 20-30 minutes to take effect
- While you may still be aware of the pressure in the lower abdomen, it effectively relieves the discomfort of contractions
- It has hardly any effect on the baby

### Benefits of an epidural:

- With an epidural, there is less acid in newborn baby's blood
- It can also be extended if a Cesarean section or instrumental delivery is necessary
- It does not increase the chance of long term back pain
- It does not increase the incidence of a Cesarean section

### Complications of an epidural

- A small chance of headache, itching or failure of technique
- A rare possibility of nerve damage



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