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A MUM'S GUIDE TO PAIN RELIEF IN LABOUR



by comfortmum team

Tips for labour.

This leaflet will give you some idea about the pain of labour and what can be done to help you cope. Pain in labour is an individual experience and each woman will make her own choices about how to deal with it. Women who feel good about themselves and their labour are those who feel they: ❖ have enough information to make decisions ❖ made their own choices about pain relief ❖ were well supported This leaflet is only a guide and you should ask your midwife for further information when you need it.

Signs of labour

- Bloody show of pink, red or brown discharge.
- Water breaks. It may happen before labour starts or early on in labour. Water should be clear. Call your hospital for instructions.
- Contractions
- Mucous plug. You might notice mucous in your underwear due to the cervix thinning and opening.

Is it time for labour or not

Pre-labour contractions

- Do not get stronger.
- Do not become regular.
- Go away with walking.
- Feel strongest in front.
- There is no bloody show.
- Tend to go away with rest.

True labour contractions

- Get stronger.
- Become regular and closer.
- Get stronger when you walk.
- May begin in back and move to front.
- Bloody show is usually present.
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Learn breathing techniques such as how to:

- Breathe slowly and rhythmically in through the nose and out through the mouth.
- Take light (shallow) breaths in and out of your mouth.
- Take short quick breaths in and out of your mouth.

You can learn the breathing techniques in prenatal classes or ask someone to show you.

Practicing your breathing techniques alone or with your coach will help you to prevent hyperventilating.



Labour is different for each woman. It is normal to feel excited, happy, sad, nervous, and afraid all at once.



Coping with labour pains

There is a lot that you can do for yourself while you are in labour, both at home and in hospital. It is important when you are in early labour to get some rest and drink plenty of fluids. Eat little and often to keep up your strength. Keeping active helps to:

- ❖ Distract you – Move the focus away from the contractions.
- ❖ Listen to music.
- ❖ Have a shower or bath.
- ❖ Go to toilet to pass urine atleast every hour.
- ❖ Encourage your baby to be in the best position for labour and birth. Once labour is established you can try different positions and see which is more comfortable.
- ❖ If you have backache and feel that baby is pressing on your back, try getting on all fours. Ask your support person to apply gentle pressure to your lower back. Massage in small circular movements can also help.
- ❖ If you feel you need to lie down, then you may feel better on your side rather than lying on your back.
- ❖ Move your hips in circles first one way and then the other.
- ❖ Stand and lean against your supporter.
- ❖ Kneel and lean on a chair or beanbag.
- ❖ Use a birthing/ gym ball to either sit on or lean over.
- ❖ Sit astride a chair and lean on a pillow placed across the back of the chair.
- ❖ Sit backward on the toilet and lean on the cistern.
- ❖ Squat on a low stool.
- ❖ Get down on all fours on a mattress on the floor.

Extra tips before the final hospital trip.

- Pack your hospital bag early on including the birth kit if necessary.
- Dont forget documents needed such as I.D, insurance cards etc.
- Write down your fears and thoughts about giving birth and share these with the midwife.
- Have your health care providers contact with you.
- Have your personal help contacts with you. – partner, family member, friend.
- Remember to pack gifts for siblings so you are able to suprise them when you come back home.
- Have a gift for your nurse or hospital staff.
- Have a book or newspaper to read.
- Check out our comfortmum app for answers.



Try different positions and keep changing in order to stay comfortable and for the baby to move downwards.



check out www.comfortmum.com or our app for more support in your parenting journey