

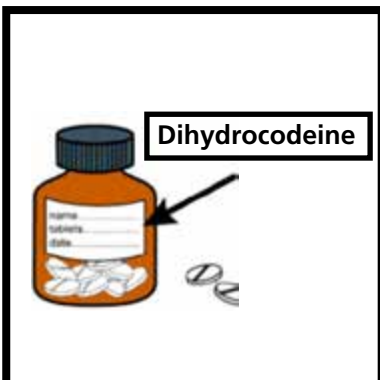
Pain Relief in Labour (Easy Read)



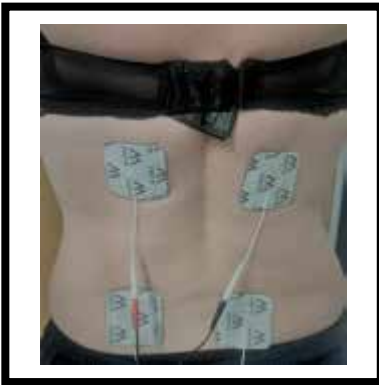
- We all feel pain differently
- Labour can be painful
- You might need some pain killers to help you through labour
- It is important that you know your choices



Some women find Paracetamol helpful in early labour.



Dihydrocodeine is another tablet that can help you through early labour.



- A T.E.N.S machine goes on your back
- You press a button when you feel a contraction



Going into a warm birthing pool can be very helpful for pain relief.

- You can choose to just labour in the pool
- Or
- You can labour and give birth in the pool.



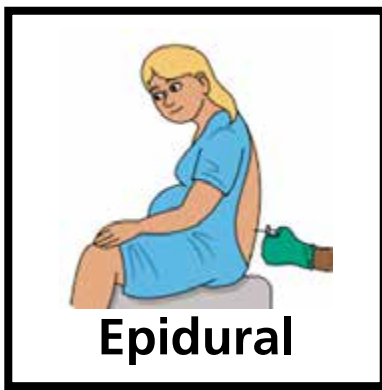
- Some people like to have their back rubbed(massaged) when they are in labour.



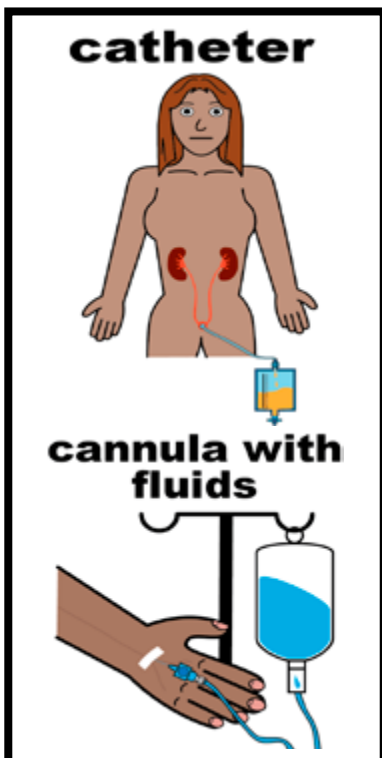
- Gas and air (Entonox) can help reduce any pain you feel.
- It is a mix of oxygen and nitrous oxide gases.
- You breathe it in through a mouth piece.
- It takes about 20 seconds to work.



- Diamorphine is a painkilling injection
- It is injected into your bottom or thigh
- It can take about 20 minutes to work.
- It can last about 2 to 4 hours
- It may help you relax
- It may make you sleepy.



- An epidural is a very fine tube that is put into your back to carry medication.
- The anaesthetist will numb your back before they put the tube in.
- The medication in the tube is a painkiller and an anaesthetic.
- You will feel numb from the top of your bump
- Not all epidurals are perfect, it may need to be changed if not working.



- If you have an epidural you will need to have a catheter.
- The catheter is so that you can wee.
- You will also need a cannula in your hand you give you fluids
- The fluids are to stop your blood pressure being too low.



- Some people like to listen to their music.
- Some people like to use hypnobirthing.
- Some people use slow breathing to stay calm.
- Your Midwife will talk to you about the choices you have for labour.

This information can be offered in other formats on request, including a language other than English and Braille.

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For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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