

# What is Labour Epidural?

Gaining popularity since the 1980s, labour epidural has since become the **gold standard** in the management of labour pain.

This method works by introducing pain medication through a small temporary tubing into your lower back.

Infusion of the medication will help to relieve contraction pain by **numbing the nerves** that sense pain from the **uterus and birth canal**.



If you are interested and need more information or clarification, do let us know so that we may help you to understand better.

## References

1. WHO recommendation on epidural analgesia for pain relief during labour. 2018.
2. Anim-Somuah M *et al.* Epidurals for pain relief in labour, Cochrane Systematic Review. 2018. ATOTW 365 – The Labour Epidural: The Basics (31st Oct 2017).

## Scared of childbirth pain?



Mothers should be crying tears of joy, not tears of pain.

# Labour Epidural

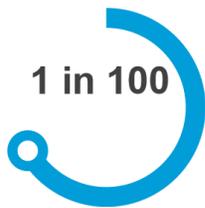
Making childbirth PAINLESS

## Worry about complications?

This is roughly what statistics show:



Hypotension



Accidental Dural Puncture



Transient Weakness or abnormal sensation



Infection or nerve damage

Severe complications are indeed rare, and the benefits do outweigh the risks. Nonetheless, we want you to have enough knowledge to make a well-informed decision.



## Benefits of epidural

- Continuous analgesia throughout labour
- Reduce anxiety, increasing comfort
- Able to appreciate contractions but minus the pain
- If surgical Caesarean Section is necessary, the epidural can be converted to Spinal Anaesthesia without an extra needle procedure

Hypotension is easily treated with fluid hydration and if necessary, medication.

Whereas the risk of accidental dural puncture can be reduced in the hands of an experienced Anaesthetist.

## Myths About Labour Epidural

### Does Epidural cause backache?

No. Poor positioning during the labour process, compounded with lax hip and back ligaments encountered during pregnancy, are thought to contribute to backache.

### Does Epidural increase risk of Caesarean Section?

No. Large studies have disputed this claim, so, women can rest assured that an epidural during labour does not increase the chance of having a Caesarean Section.

### Any difference requesting epidural early or later during childbirth?

No. It does not increase risk of prolonged labour, instrument-assisted delivery (forceps or vacuum) nor does it increase the risk of Caesarean Section.



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