



PAIN MANAGEMENT OPTIONS FOR LABOR & DELIVERY AT MMC BIRTHING CENTER

MEGAN ANDERSEN

PAIN MANAGEMENT DURING C-SECTION

- **Spinal Block:** A CRNA will administer this in your lower back when you are in the Operating Room. This will allow the mother to remain awake and alert while the C-section is performed while still being numb during the delivery of your baby and during repair.

Common question: Will they have to redo my epidural if I already have one? No, the CRNA will use the epidural that you already have in your back to dose it like a spinal block if your labor turns into a c-section.

- **TAP Block:** This is injected in your abdomen to provide pain relief around the incision site to help with pain that comes with recovering from a C-section
- **General Anesthesia:** Only used for emergency situations during childbirth or if a spinal block is not able to be administered. You will not be awake for this, and you will not feel pain during this. After you are asleep the CRNA will place a breathing tube until the C-section is done. The newborn is going

PAIN MANAGEMENT FOR VAGINAL DELIVERY



EPIDURAL

- **Process:** The nurse will have you sit on the edge of the bed with your feet planted on a flat surface. The nurse will then have you curl over a pillow with your back arched to open the epidural space located in your back, so the CRNA has access to insert the epidural. A needle is inserted into the epidural space along the spine, the needle is taken out and a small catheter is left in place for the medication to continuously infuse throughout labor to help with pain that comes with contractions.

COMMON QUESTIONS ABOUT EPIDURAL

- **Will I know when to push?** Your nurse will help and coach you when it is time to push. Some women still feel the pressure with an epidural and know when a contraction is nearing. Don't worry
- **Does the epidural wear off?** It can, the nurses will contact the CRNA if this happens and if medically necessary, they will give some more medication through the epidural.
- **Does the epidural slow down labor progress?** It can, but usually it allows your body/muscles to relax enough where many women can progress faster with dilation of the cervix. If labor does stall out, there is medication we can give you to assist progression of labor.
- **When can I get an epidural?** Anytime during active labor unless you are fully dilated then the epidural will not be effective at this stage.

What are the risks of getting an epidural?

- Possible prolongation of labor
- Possible increased risk of utilizing vacuum or forcep assistance during delivery
- Decreased maternal participation in labor due to inability to ambulate/having urge to push
- Decreased sensation/inability to urinate (nurses will use a catheter to drain bladder)
- Risk of having low blood pressure
- Rare risk of a spinal headache

INTRATHECAL

- **Process:** This is a single dose of local anesthetic given through a needle placed into the lower back and unlike an epidural this is a single dose of medication that is not repeated. Pain relief lasts anywhere from 2-4 hours. Unlike an epidural you will be able to get up and walk.

OPIOIDS

- This can be given through your IV (catheter placed in your vein) to help reduce your awareness of pain and has a calming effect. The nurses will have to make sure your vital signs are within normal range and that your baby looks okay on the monitor before this is administered. You will not be able to get this within the hour before delivery of your baby as it can make them sleepy.
- **Side effects:**
 - Can affect your baby's breathing in heart rate for a short amount of time
 - Itching, nausea, vomiting, feeling drowsy, and having difficulty concentrating (Medications can be given to help nausea)

NITROUS OXIDE

Myrtue Medical's Birthing Center now offers Pro-Nox which delivers 50% nitrous oxide (laughing gas) & 50% Oxygen during your labor, epidural insertion, and repair after delivery if needed.

- **What is Nitrous oxide?** It is known as laughing gas and is a tasteless/odorless gas that can be used to reduce anxiety so that the pain with contractions are easier to manage. You will still be able to ambulate and change position during labor as needed. This diminishes sensation to pain without losing consciousness.
- **How soon will I feel the effects of the Pro-Nox?**
- Within a few deep breathes you will feel the immediate relief of pain and anxiety.
- **How long does the nitrous oxide stay in your body?**
- Take some breathes without the Pro-Nox mask on and the nitrous oxide will be expelled from your body quickly.
- **Will this harm my baby?**
- No, studies show use of 50% nitrous oxide & 50% of oxygen is considered safe for mom and baby.
- **Can my significant other or family members hold the mask up to my face when I am not able to?**
- No, you and ONLY should hold the nitrous oxide mask up to your face. This way you can manage when to use it, for how long, while being able to recognize/respond when you have had enough on your own terms.

WHIRLPOOL THERAPY

- MMC Birthing Center offers a Whirlpool Suite with jets to utilize during labor
- The nurses will monitor your baby for 20-30 minutes to ensure your baby is tolerating labor before getting into the whirlpool
- Patients can be in the whirlpool an hour at a time
- We have a wireless monitor that the nurse can apply to your abdomen that is waterproof and allows you to be in the whirlpool while monitoring your baby and your contraction pattern at the same time
- We provide a Bluetooth speaker and essential oil diffusers to utilize while in the whirlpool

SPINNING BABIES

- MMC OB nurses are trained to Spinning Babies
- Spinning babies is a method that is preparing for and utilized during child-birth that focuses on helping baby rotate through the pelvis. The goal is to make birth easier for mom and the baby.
- Spinning babies can help increase the range of motion to help keep the pelvis, ligaments, and muscles moving freely.
- It is a series of different positions that you can get into to help facilitate the baby to turn in the right direction making it easier for baby to descend into the pelvis

OTHER NON-MEDICAL PAIN RELIEF

- Breathing techniques taught in childbirth class
- Massage or counter pressure on lower back
- Changing positions often
- Take a hot shower with shower chair
- Utilize warm blankets or heating pad
- If warm- MMC birthing center offers small fans for patients, utilize cool wash cloths or an ice pack
- Utilize visualization (imagine yourself on a beach, in a garden, etc.)
- Play your favorite music
- Utilize affirmation cards that MMC birthing center provides
- Squeeze a comb in the palm of your hand to distract from pain of contraction
- Essential oil diffusers