

Coping with Labor Pain

Menu of Pain Relief Options

What is right for you?

There are many ways to control labor pain. This flyer describes several pain relief options so you can decide what's right for you.

Every labor is unique

Labor pain affects each woman differently. The best way to deal with pain is to know what your pain-relief options are, and what to expect with each option.

There are basically three ways of handling the discomfort of labor.

1. Ways that don't use medication
2. Narcotics
3. Regional pain relief

Ways that don't use medication

- Focused breathing
- Change positions
- Massage
- Bath or shower
- Meditation
- Music
- Hot or cold therapy



These techniques can help labor progress, and you avoid the side effects of medication.



May not provide pain relief

Two pain relief options are called "regional" because they numb pain in a specific region of your body.



Narcotics

Narcotics offer pain relief and help you to rest. Narcotics are given either by an injection or put into your IV (needle in a vein).

- 😊 Narcotics offer pain relief and help you rest between contractions.
- 😞 Some potential side effects are nausea, dizziness, itchiness, and vomiting.

ITN

This is a procedure done by an anesthesiologist (a doctor who specializes in pain management). A medication is injected into the fluid around your spine.

- 😊 You will feel significant pain relief within 5 minutes.
- 😞 The pain relief only lasts for about 2-4 hours.

Epidural

This procedure is also done by an anesthesiologist. Medication is injected into your lower back and provides pain relief throughout labor.

- 😊 You will have long-term pain relief.
- 😞 You cannot get out of bed once you have an epidural.



We are happy to discuss all types of pain-relief options with you. Please let your nurse or provider know which options you would like to hear more about.

Thank you for choosing Regions Hospital Birth Center. Please let us know how we can help make this very special experience even better for you!