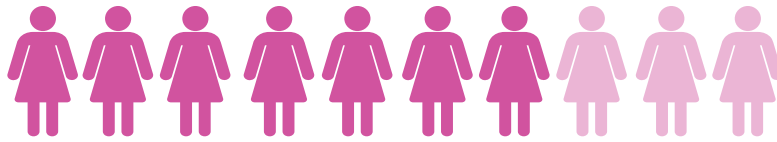


Is an Epidural My Only Option?

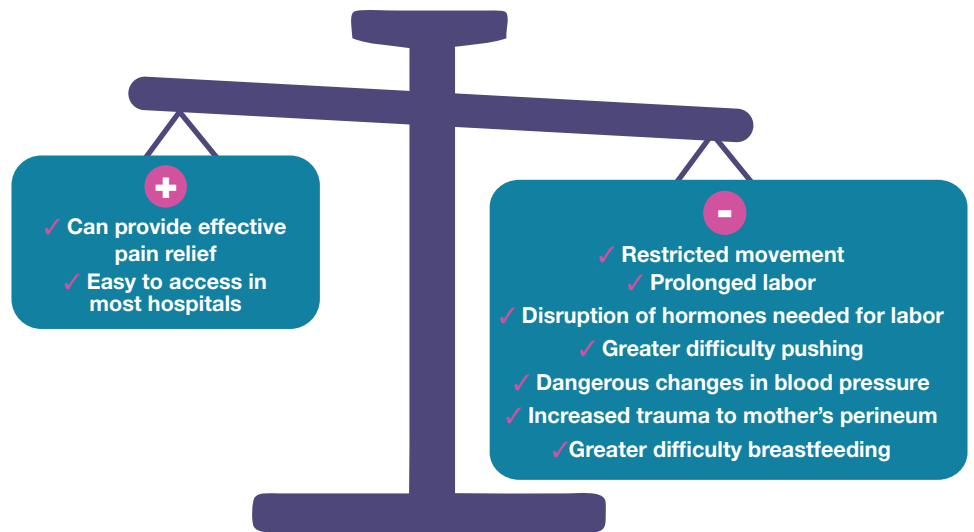
67%
OF WOMEN



opt for an epidural to help ease some of the pain of childbirth

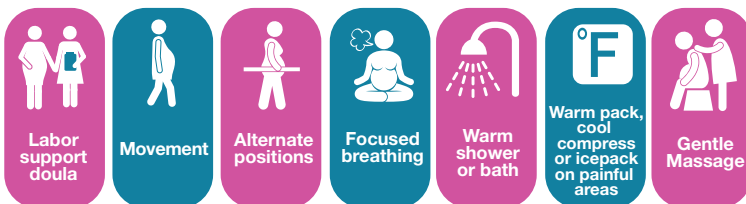
LIKE ANY **MEDICAL PROCEDURE**, AN EPIDURAL CAN HAVE **PROS AND CONS** THAT ARE **SMART** TO CONSIDER.

SO LET'S TALK INFORMATION¹, NOT JUDGMENT!



WEIGHING YOUR OPTIONS
AND WANT TO KNOW HOW TO
MANAGE PAIN IN OTHER WAYS?

Here are some **less invasive options²** for keeping pain in check:



SAVVY MOM TIP #1

Inform your care provider that you want to delay the epidural and communicate your pain management preferences with the nursing staff.



SAVVY MOM TIP #2

If you do opt for an epidural, talk to your nurses about helping you move and change positions during labor to keep baby moving.



USE THESE QUESTIONS TO GET THE INFORMATION YOU NEED!

- What are the potential **side effects** and **risks** involved?
- What are my pain management **alternatives** in my chosen birth setting?
- Does staff routinely **provide support** for women laboring without an epidural?
- Do you support using a **doula** to help me manage my pain?

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE. VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.



1 Klein, M. (2011, February 3). Epidural Analgesia—a delicate dance between its positive role and unwanted side effects (Part One) [Web log post]. Retrieved from <http://www.scienceandsensibility.org/?p=2010>

2 Simkin, P. (2012, April 24). Ten ways to relieve labor pain. [Web log post]. Retrieved from <http://www.lamaze.org/p/bl/et/blogid=3&blogaid=22>