

Pain Management for LABOR AND DELIVERY

Moms Share Their Experiences

Not as Bad as You Think



Nearly half of moms

said labor pain was **not as bad as they expected.**



Almost half of moms

said the **level of pain** felt most like **extreme menstrual cramps.**



Epidurals: Fact & Fiction

Nearly 3 in 4 moms have had an epidural.

1 in 4 women believe an epidural will slow labor. **(It's a myth!)**

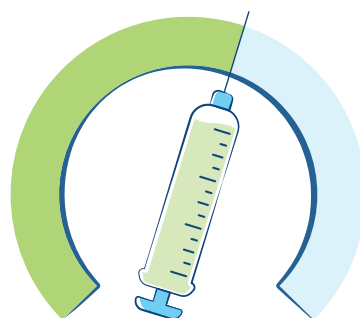


Effective Options



9 out of 10 moms

said the pain management option they chose **was effective.**



60% of moms

said they would choose an **epidural** if they were to give birth again.



1 in 10 moms

chose **only complementary techniques**, such as breathing or massage.



A Personal Decision

43% of moms advised that women should choose the pain relief option that works best for them.



Talk with your physician anesthesiologist to decide which option is right for you.