

354

# ALTERNATIVES TO MEDICATION IN CHILDBIRTH OR PAIN RELIEF WITHOUT A NEEDLE

## PHYSICAL

- RELAX, particularly your stress point
- Use adaptive breathing patterns that enhance relaxation
- Touch: massage, heat, cold, pressure
- Assume positions that use gravity and promote spontaneous labor & birth
- Urinate frequently
- Eat & drink judiciously as needed to maintain strength and energy
- Chant, hum, moan - make releasing, relaxing noises

## MENTAL

- Companionship and support by familiar loved one(s)
- Practice relaxation, focusing and breathing to build trust and confidence between partners
- Focus on something positive that you see, hear, feel, smell or imagine
- Remember the baby
- Concentrate only on the moment and what your needs are right now with THIS CONTRACTION
- Pray
- Encourage patience, watchful expectation
- Affirmations Visualizations

## ENVIRONMENTAL

- Familiarity with place of birth
- Develop open dialogue with caregivers
- Music - soft & relaxing for first stage, energizing and strengthening for second stage birth
- Shower, bath, jacuzzi - - check with attendant if membranes have broken
- Privacy - - within the limits of safety
- Participate actively in decision making

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## **CONSIDERING MEDICATIONS or INTERVENTIONS?**

1. Why do I need it?
2. How will it help me and my baby?
3. How will it influence my safety? My baby's safety?
4. How might it affect the baby's first hours ?
5. What are its side effects or risks for me? for my baby?
6. What is not known about it?
7. What other interventions might I expect as a result of this? (IV, Monitor, In bed, etc.)
8. What could be done instead?
9. What will happen if I don't have/take it?

It is your absolute right to have these questions answered fully, in a way which you understand. Remember these additional points::

- \* You have the right to refuse treatment.
- \* You have the right to privacy while you consider your options.
- \* You have the right to ask for documentation of risks/ benefits.