

Things to Know When You Have Painless Labor

1. Things to note after painless labor
 - Lie on your back to let the effect spread evenly.
 - Can go to the toilet after 1 hour, with help from your family to avoid falling because you might feel weak in the legs.
 - Adjust the height of the upper part of the bed according to the progress of the labor.
 - When changing posture or getting off the bed, please be careful not to pull out the catheter which was embedded inside your back.
2. How to use the machine, when to press the button?
 - The machine provides continuous pain relief, but the button is used to increase the effect when you feel that it is not enough.
 - There are safety settings on the machine, so you don't need to worry about overdosage.
 - Pain around the tummy --> elevate the top part of the bed to around 30 degrees.
 - Pain around the perineum --> elevate the top part of the bed to 45-60 degrees, to allow semi sitting position.
 - Pain focused at the perineum --> sit upright at 90 degrees, press the button once and wait 10 minutes for the onset of the effect. If the pain persists after 10 minutes, press the button again, and again after 10 minutes if needed.
3. What to do if the pain still persists after the above ?
 - Call the nurse to notice the anesthetic personnel who will manage it. However, painless labor can only alleviate 60-80% of your pain.
4. How to tell when you may have pressed the button too much?
 - When nausea or vomiting happened, stop pressing the button for a while. Restart when you don't feel nausea or vomiting anymore.
5. Some troublesome feelings during painless labor to expect
 - Numb below the belly area, but still be able to move. May shiver or feel dizzy temporarily.
 - After removing the catheter, the normal sensations will return in around 1 hour.
6. Problems that may arise?
 - The safety settings on the machine prevents overdosage when you have pressed the button too much.
 - When the machine runs out of medicines or is low on battery, a beeping alarming sound will be heard. Please call the nurse.
 - When You feel that the injection area on your back is wet or bleeding, please call the nurse.
7. Possible side-effects?
 - Itching.
 - Nausea and vomiting.
 - Low blood pressure.
 - Too numb or partial block of motor function of your legs.

8. Possible complications?

- Total spinal block.
- Accidental absorption of local anesthetics by blood vessels in the epidural space.
- Spinal headache.

9. Unexplained low-back pain?

- Not related to the contraction of the uterus.
- Possibly related to previous period pain.
- Possible reasons: cramping, compression of the bladder, rectum, lumbar sacral plexus, or reflex from muscle contraction.
- Limited effect on low-back pain from painless labor.

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