

Pain Control in Labour

We will work with you to meet your goals for pain control in labour.

Non-medical interventions that help with managing pain include having a calm environment, having a birthing partner supporting you, listening to music or meditating. Some patients like to stand in a hot shower or use a hot pack on the back. TENS packs are possible. The nurses can help show you counter pressure techniques that your birthing partner can help with. Some providers can administer sterile water injections

Medical options include nitrous gas, narcotics (fentanyl or morphine depending on the stage of labour) or an epidural. We have excellent FP-anaesthesia physicians in town who can place an epidural at request. This is very thin flexible tube in the epidural space which allows small doses of medication to be administered throughout labour. You will also be given a button to press for 'top ups'. Many women can still move about with an epidural in place.



<https://www.pregnancyinfo.ca/birth/labour/pain-management/drug-free-pain-management/>



<https://www.pregnancyinfo.ca/birth/labour/pain-management/pain-management-with-medications/>