

PAIN MANAGEMENT OPTIONS DURING LABOR + DELIVERY

At Myrtue Birthing Center, we strive to give you the best birthing experience possible. It is important to remember that not everything may go exactly as planned, but our committed staff will work with you and your birth plan through the entire labor to deliver the level of care you and your baby want and need. When it comes to managing your pain during labor and delivery, we pride ourselves on the variety of options we provide to help you:

1. Achieve your ultimate birth plan and
2. Make sure you and baby are as safe and comfortable as possible.

We offer completely natural / non-medication options, epidurals, and many options in-between. We believe we can provide you with the pain management option that is perfect for you and your goals.

Non-medicated / Natural Options

Spinning Babies: We practice and teach our patients different positions you can move into to help your baby turn, flex, and descend through the pelvis. The different positions help facilitate the baby to the right direction making it easier for baby to get ready for birth.

- All of our Birthing Center nurses are trained in Spinning Babies to promote the natural progression of childbirth

Whirlpool Therapy: Here within the Birthing Center, we offer a large Whirlpool Suite specifically designed for our laboring patients with focal point lighting, surround sound speakers, and seating for your support person. The whirlpool is engineered to promote circulation, oxygenation, and relaxation during labor, and helps with the progression of cervical dilation.

- Before being able to use the whirlpool, your labor nurse will need to monitor your baby's heartbeat for 20 – 30 minutes to assess baby's well-being.
- A wireless, waterproof monitor may be applied to your abdomen to allow us to monitor your baby and your contractions while utilizing the whirlpool.
- You are able to be in the whirlpool for up to one hour at a time while in labor.
- If you plan to take advantage of the whirlpool, a sports bra and spanx shorts may help you be comfortable.



Additional Pain Relief Options: We offer an array of other calming techniques to help with your pain relief during a natural or non-medicated labor and delivery. Your labor nurse can help you with any of the following options:

- Breathing techniques (also taught during Childbirth Preparation class)
- Massage or counter pressure on the lower back
- Wireless monitor for easy movement and changing of positions often (Spinning Babies techniques with birthing and peanut balls)

- Hot shower with a shower chair / shower head
- Warm blanket or heating pad
- Fans, cool wash cloths, or ice packs
- Visualization (imagine yourself on a beach, in a garden, etc.)
- Play your favorite music (Bluetooth speaker available upon request)
- Affirmation cards (available upon request)
- Squat bar / stress ball / comb to squeeze in the palm of your hand to distract from the pain
- Aroma therapy / essential oil diffusers (available upon request)
- Crushed ice nuggets / Italian ice / popsicles to help stay hydrated
- Delivery mirror to visualize progress while pushing

Low Medicated Option

Nitrous Oxide: Also known as laughing gas, this colorless, faintly sweet smelling, and a fast acting sedative is used for short-term pain relief. Nitrous Oxide takes effect quickly and within three to five minutes a patient might feel:

- Calm / Relaxed
- Happy / Giggly
- Light-headed
- Tingling in your arms and legs
- Heaviness, like you're sinking deeper into your bed
- Etcetera

Patients inhale Nitrous Oxide through our advanced Pro-Nox Nitrous Oxide Delivery System, which combines a precise 50% Nitrous Oxide and 50% Oxygen mixture. The system features a specially designed on-demand valve that delivers the medical gases only when the patient inhales, ensuring optimal control and comfort. Patients will typically begin feeling relief within just a few breaths, providing fast-acting, effective support. Unlike stronger sedatives, Nitrous Oxide does not induce sleep, so patients remain fully alert, responsive, and able to engage with their maternity provider throughout the process.



Medicated Options

Epidural: This type of pain management block sensory nerves, what feels pain, and affects motor nerves, what controls movement and muscles. Receiving an epidural includes an injection into your back to stop you feeling pain in the lower part of your body. One of our skilled nurse anesthetists will visit your room to administer the epidural. To prepare, you will:

1. Sit on the edge of your bed with your feet planted on a flat surface.
2. You will be instructed to curl over a pillow with your back arched.
3. The nurse anesthetists will insert the needle into a space along your spine, and once the epidural is placed, the needle will come out and a small catheter is left in its place for the medication administration.
4. The medication will be monitored for the duration of your labor and delivery

Intrathecal: This type of pain management requires one of our nurse anesthetists to use a thinner needle to administer a one-time shot and then the needle is removed. An intrathecal provides significant pain relief, but you maintain motor control of your lower body.

Epidurals can provide longer-lasting pain control than intrathecal injections, which usually provide about 1-2 hours of comfort.

C-Section Pain Management

Spinal Block: One of our nurse anesthetist will administer a spinal block into your lower back when you are in the operating room. This allows the patient to remain awake and alert while the C-section is being performed, but still be numb during the delivery of your baby and during your incision repair.

TAP Block: This pain management option is for post-partum use and is injected by one of our nurse anesthetists immediately after the C-section around the incision to provide pain relief for up to 48 hours during recovery.

Pain management options are listed on your Birth Plan Form located within this folder if you have specifications to certain options you would like to utilize during your labor and delivery with us. If you have any questions regarding any of the pain management options listed, please do not hesitate to speak to your labor nurse once you arrive at the Birthing Center or call us at 712.755.4244.

