

7. During labour and birth I would consider the following coping strategies/pain management...

- ☐ I prefer to avoid all pain relief
- ☐ self-hypnosis/hypnobirthing
- ☐ aromatherapy/homeopathy/reflexology
- ☐ water (bath or birthing pool)
- ☐ TENS machine (transcutaneous electrical nerve stimulation)
- ☐ gas and air (entonox)
- ☐ pethidine/diamorphine/meptid (opioid injection)
- ☐ epidural
- ☐ I prefer to wait and see
- ☐ I am not sure/would like to find out more

Your options for pain management will depend on where you plan to give birth. Discuss with your midwife and ask what options are available to you at your local maternity unit.

My thoughts, feelings and questions:

8. During labour and birth I would consider...

- | | |
|---|---|
| <input type="checkbox"/> massage | <input type="checkbox"/> walking/standing |
| <input type="checkbox"/> different upright positions
such as all fours/squatting/
kneeling | <input type="checkbox"/> a birthing ball |
| <input type="checkbox"/> bean bags, birth stools and
birth couches if available | <input type="checkbox"/> a birthing pool |
| <input type="checkbox"/> a bed, for rest – propped up
with pillows or whilst lying
on my side | <input type="checkbox"/> music to be played
(which I will provide) |
| <input type="checkbox"/> the lights dimmed | <input type="checkbox"/> my birth partner taking
photographs/filming |
| <input type="checkbox"/> I prefer to wait and see | <input type="checkbox"/> I am not sure/I would like to find
out more |

Your circumstances in labour may influence what choices are available to you. Please discuss this with your midwife at 34-40 weeks.

My thoughts, feelings and questions:
