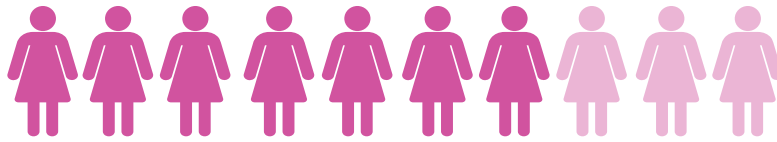


# Is an Epidural My Only Option?

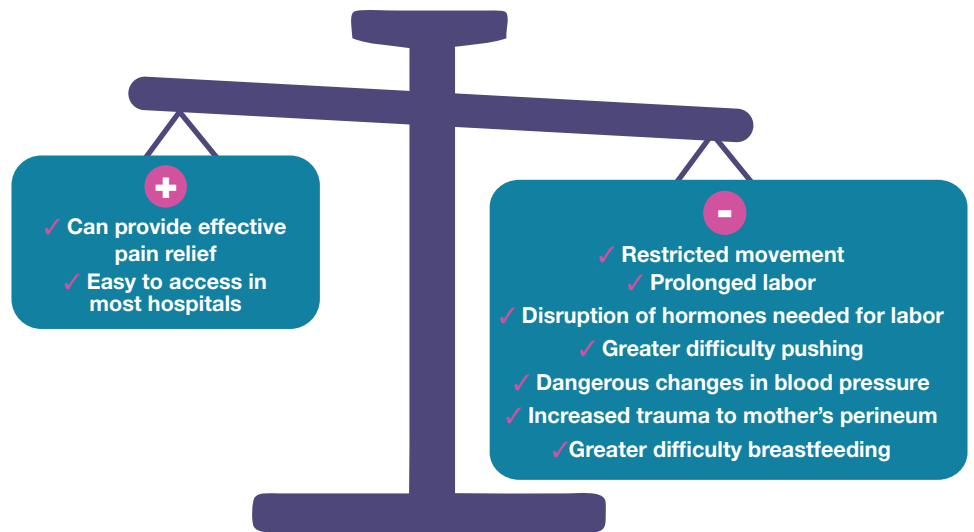
**67%**  
OF WOMEN



opt for an epidural to help ease some of the pain of childbirth

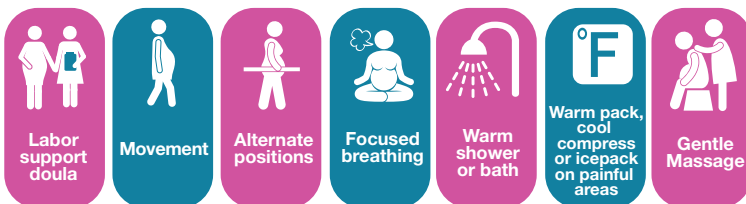
LIKE ANY **MEDICAL PROCEDURE**, AN EPIDURAL CAN HAVE **PROS AND CONS** THAT ARE **SMART** TO CONSIDER.

**SO LET'S TALK INFORMATION<sup>1</sup>, NOT JUDGMENT!**



**WEIGHING YOUR OPTIONS**  
AND WANT TO KNOW HOW TO  
**MANAGE PAIN IN OTHER WAYS?**

Here are some **less invasive options<sup>2</sup>** for keeping pain in check:



## SAVVY MOM TIP #1

Inform your care provider that you want to delay the epidural and communicate your pain management preferences with the nursing staff.



## SAVVY MOM TIP #2

If you do opt for an epidural, talk to your nurses about helping you move and change positions during labor to keep baby moving.



**USE THESE QUESTIONS TO GET THE INFORMATION YOU NEED!**

- What are the potential **side effects** and **risks** involved?
- What are my pain management **alternatives** in my chosen birth setting?
- Does staff routinely **provide support** for women laboring without an epidural?
- Do you support using a **doula** to help me manage my pain?

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1 Klein, M. (2011, February 3). Epidural Analgesia—a delicate dance between its positive role and unwanted side effects (Part One) [Web log post]. Retrieved from <http://www.scienceandsensibility.org/?p=2010>

2 Simkin, P. (2012, April 24). Ten ways to relieve labor pain. [Web log post]. Retrieved from <http://www.lamaze.org/p/bl/et/blogid=3&blogaid=22>