

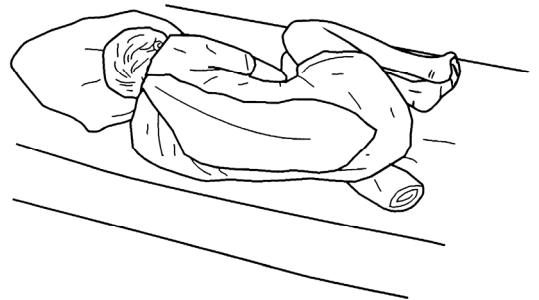
Epidural Pain Relief for Labor and Delivery

An epidural is often used for pain relief during labor and delivery. A small flexible tube is put in the lower back. Medicine is injected into the tube to provide pain relief in the lower abdomen, legs and birth canal. A special doctor called an anesthesiologist will place the tube in your back.

How is the procedure done?

- Your nurse will help you stay in the position while the tube is being put in.

- You may be asked to lie on your left side and bring your knees up to your stomach as far as you can. Arch your lower back. A roll will be put under your left hip.

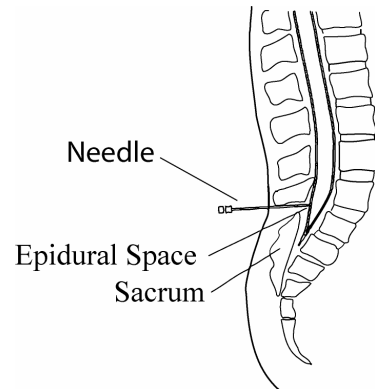


or

- You may be asked to sit on the side of your bed and lean over a table to round your back.



- The doctor cleans your lower back.
- A numbing medicine is injected into the lower back. You may feel a sting or burning.



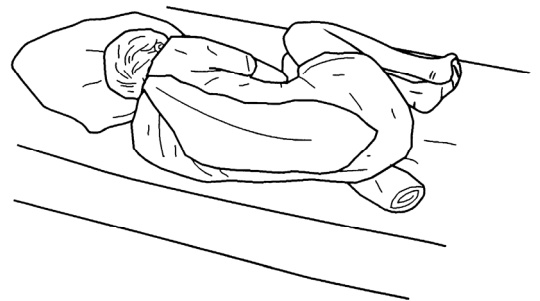
分娩过程中的硬脊膜外止痛

硬脊膜外止痛术是分娩过程常用的止痛术。该止痛术是一根细小的软管插入背部下方，透过软管输送药物，对腹部、腿和产道进行止痛。将软管插入产妇背后的操作由专门的医生（麻醉师）来完成。

如何插入软管？

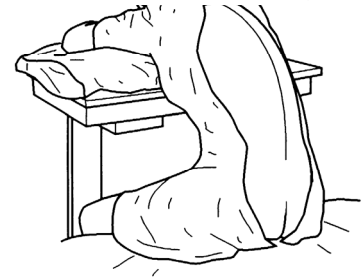
- 插入软管时，护士会帮助您保持正确的体位。

- 可能须采取左侧横卧，膝盖尽可能曲收至胃部。下后背拱起。会在左胯下放一卷纸垫起身体。

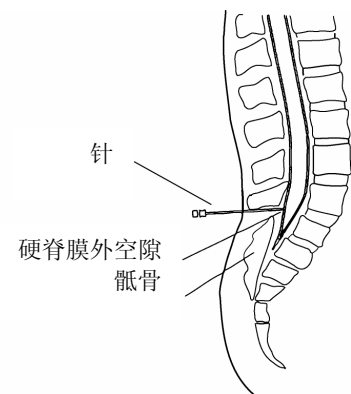


或

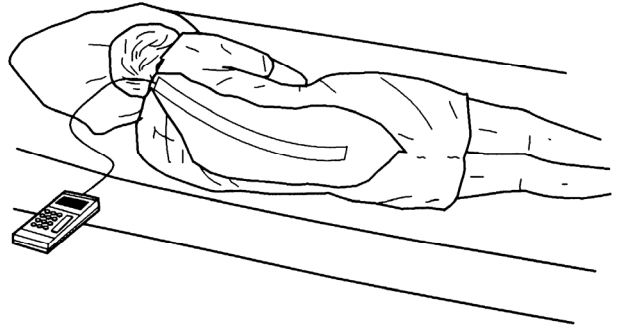
- 可能须坐在床沿上，上身扶在桌上，使背部凸起。



- 医生会清洁您的后背下方。
- 向后背下方注入麻药。您可能会感到刺痛或有灼痛。



- The staff will ask you to put your chin to your chest and push your back out.
- The doctor puts a needle into the numbed area and positions the tube into the epidural space around your spinal cord.
- Breathe slowly and deeply. Relax and **do not move**. (If you have a contraction, use breathing and relaxation techniques.)
- The needle is removed and the soft tube will stay in your back. Tape will hold it in place.



Possible Side Effects

- Pain relief may vary. Most women get good pain relief from an epidural.
- You will be able to move your legs although they may feel slightly numb. You will be asked to stay in bed.
- An epidural may slow or speed up labor. The amount of medicine can be changed as needed.
- On rare occasions, there is the possible side effect of a headache after delivery.

When Not to Have an Epidural

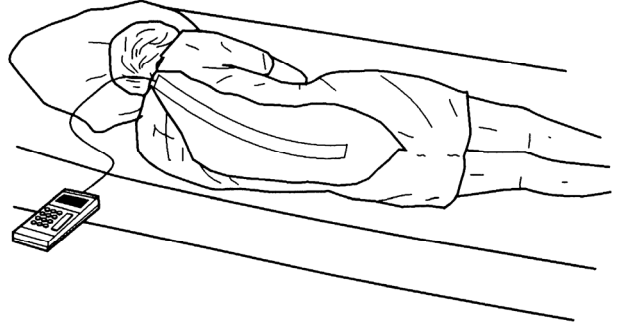
If you have or think you may have any of these conditions, tell your doctor or nurse.

- Bleeding problems
- Infection in the lower back area
- Previous lower back surgery
- Blood pressure problems
- Nerve problems
- Drug abuse

Talk to your doctor or nurse if you have any questions or concerns.

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- 然后，工作人员会要求您用下巴抵住胸部，尽量露出后背。
- 医生会用一根针探入麻醉区，将软管定位于脊柱的硬脊膜外空间内。
- 缓慢深呼吸。放松，**不要移动身体**。（如有宫缩，运用呼吸和放松技巧。）
- 取出针，软管留在体内。用胶带固定软管。



可能有的副作用

- 止痛效果因人而异，对大多数产妇均有良好止痛作用。
- 腿略有麻木感，但可以移动。必须卧床。
- 可能会迟滞或加速分娩。可根据需要调整给药量。
- 可能有产后头痛的副作用，但很少见。

什么时候应拔掉软管

如您出现或认为自己可能出现下列任何状况，需向医生或护士说明。

- 出血问题
- 后背下方感染
- 后背下方动过手术
- 血压问题
- 神经问题
- 药物滥用史

如有任何疑问或担心，请向医生或护士提出。

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