

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.



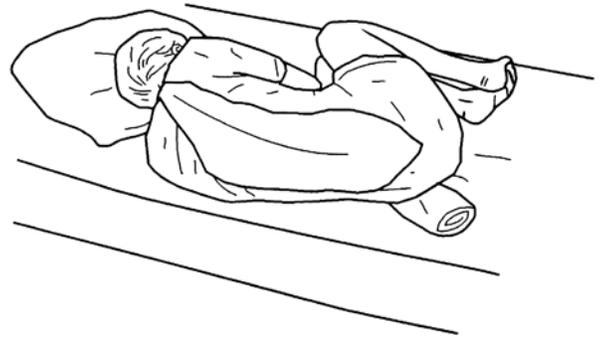
分娩过程中的硬脊膜外止痛

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。

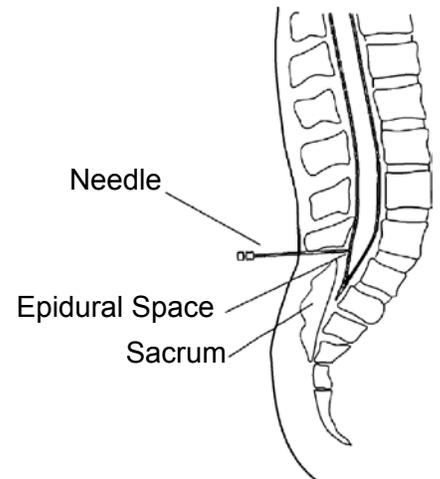


或

- ▶ 可能须坐在床沿上，上身扶在桌上，使背部凸起。

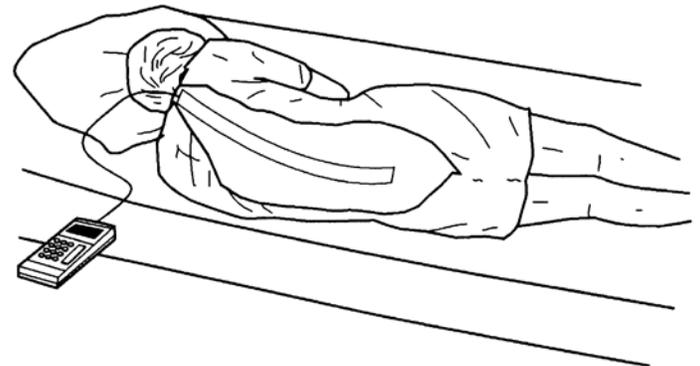


- The doctor cleans your lower back.
- A numbing medicine is injected into the lower back. You may feel a sting or burning.
- The staff will ask you to put your chin to your chest and push your back out.
- The doctor puts a needle into the numbed area and positions the tube into the epidural space around your spinal cord.



- Breathe slowly and deeply. Relax and **do not move**. (If you have a contraction, use breathing and relaxation techniques.)

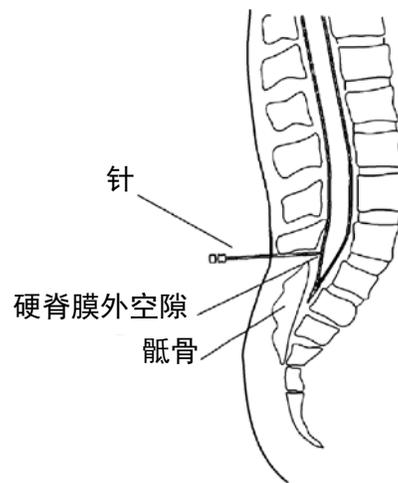
- The needle is removed and the soft tube will stay in your back. Tape will hold it in place.



Possible Side Effects

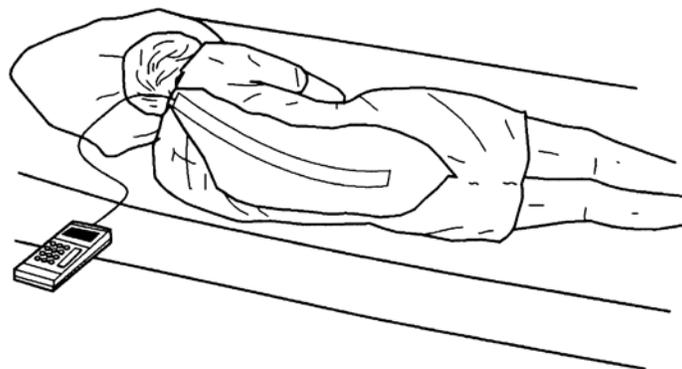
- Pain relief may vary. Most women get good pain relief from an epidural.
- You will be able to move your legs. Your legs may feel slightly numb or weak, especially if you receive a stronger dose of medicine. You will be asked to stay in bed for your safety.

- 医生会清洁您的腰部。
- 向腰部注入麻药。您可能会感到刺痛或有灼痛。
- 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。
- 腿可移动。腿略有麻木感或无力感，特别是在麻醉剂用量较大的情况下。为了您自身的安全，必须卧床。

- An epidural may slow or speed up labor. The amount of medicine can be changed as needed to make sure you stay comfortable or if you or your doctor wants you to be able to push more.
- 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.

- 可能会迟滞或加速分娩。为了确保您感觉舒适，或您或您的医生要您更加使劲地生，则可对给药量作必要的调整。
- 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
- 腰部感染
- 腰部动过手术
- 血压问题
- 神经问题
- 药物滥用

如有任何疑问或担心，请向医生或护士提出。

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Epidural Pain Relief for Labor and Delivery. Simplified Chinese.