

# 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.



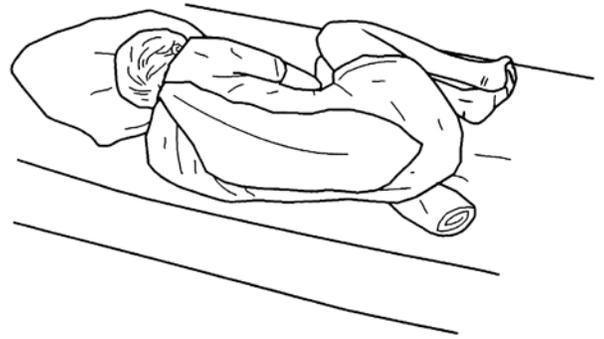
# 分娩過程中的硬脊膜外止痛

硬脊膜外止痛術是分娩過程常用的止痛術。該止痛術是一根細小的軟管插入背部下方，透過軟管輸送藥物，對腹部、腿和產道進行止痛。將軟管插入產婦背後的操作由專門的醫生（麻醉師）來完成。

## 如何插入軟管？

- 插入軟管時，護士會幫助您保持正確的體位。

- ▶ 可能須採取左側橫臥，膝蓋儘可能曲收至胃部。下後背拱起。會在左胯下放一卷紙墊起身體。

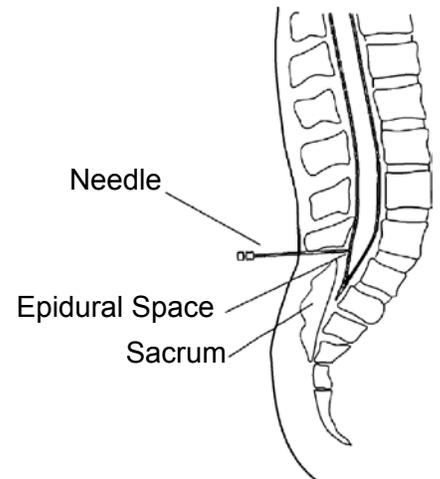


或

- ▶ 可能須坐在床沿上，上身扶在桌上，使背部凸起。

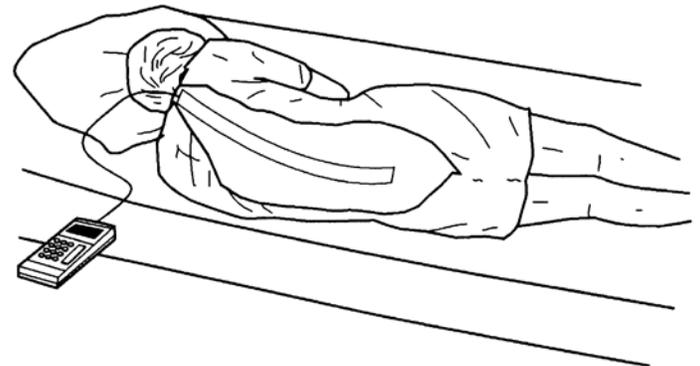


- The doctor cleans your lower back.
- A numbing medicine is injected into the lower back. You may feel a sting or burning.
- The staff will ask you to put your chin to your chest and push your back out.
- The doctor puts a needle into the numbed area and positions the tube into the epidural space around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



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

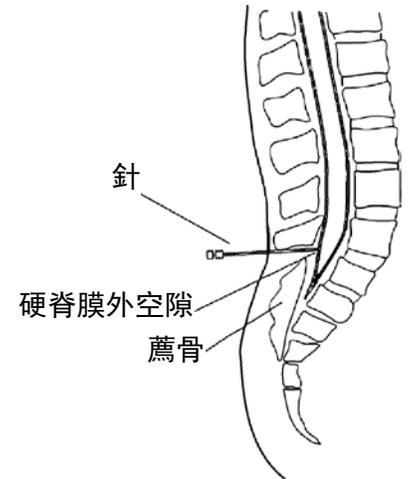
- The needle is removed and the soft tube will stay in your back. Tape will hold it in place.



### **Possible Side Effects**

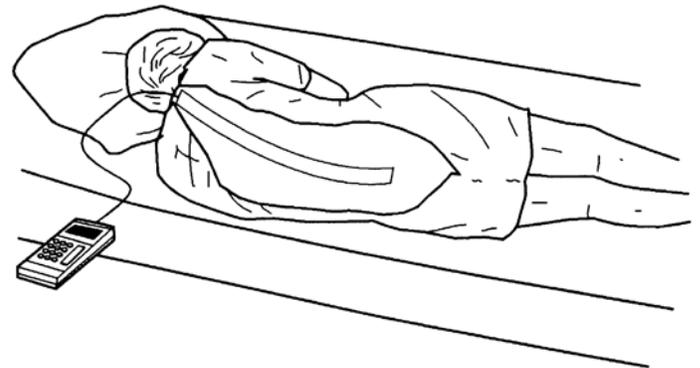
- Pain relief may vary. Most women get good pain relief from an epidural.
- You will be able to move your legs. Your legs may feel slightly numb or weak, especially if you receive a stronger dose of medicine. You will be asked to stay in bed for your safety.

- 醫生會清潔您的後背下方。
- 向後背下方注入麻藥。您可能會感到刺痛或有灼痛。
- 然後，工作人員會要求您用下巴抵住胸部，儘量露出後背。
- 醫生會用一根針探入麻醉區，將軟管定位於  
脊柱的硬脊膜外空間內。



- 緩慢深呼吸。放鬆，**不要移動身體**。  
(如有宮縮，運用呼吸和放鬆技巧。)

- 取出針，軟管留在體內。用膠帶固定軟管。



### 可能的副作用

- 止痛效果因人而異，對大多數產婦均有良好止痛作用。
- 腿可移動。腿略有麻木感或無力感，特別是在麻醉劑用量較大的情況下。為了您自身的安全，必須臥床。

- 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.**

- 可能會遲滯或加速分娩。為了確保您感覺舒適，或您或您的醫生要求增加推動力，則可對給藥量作必要的調整。
- 可能有產後頭痛的副作用，但很少見。

## 什麼時候應拔掉軟管

如您出現或認為自己可能出現下列任何狀況，需向醫生或護士說明。

- 出血問題
- 後背下方感染
- 後背下方動過手術
- 血壓問題
- 神經問題
- 藥物濫用史

如有任何疑問或擔心，請向醫生或護士提出。

2007 – 6/2012 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Epidural Pain Relief for Labor and Delivery. Traditional Chinese.