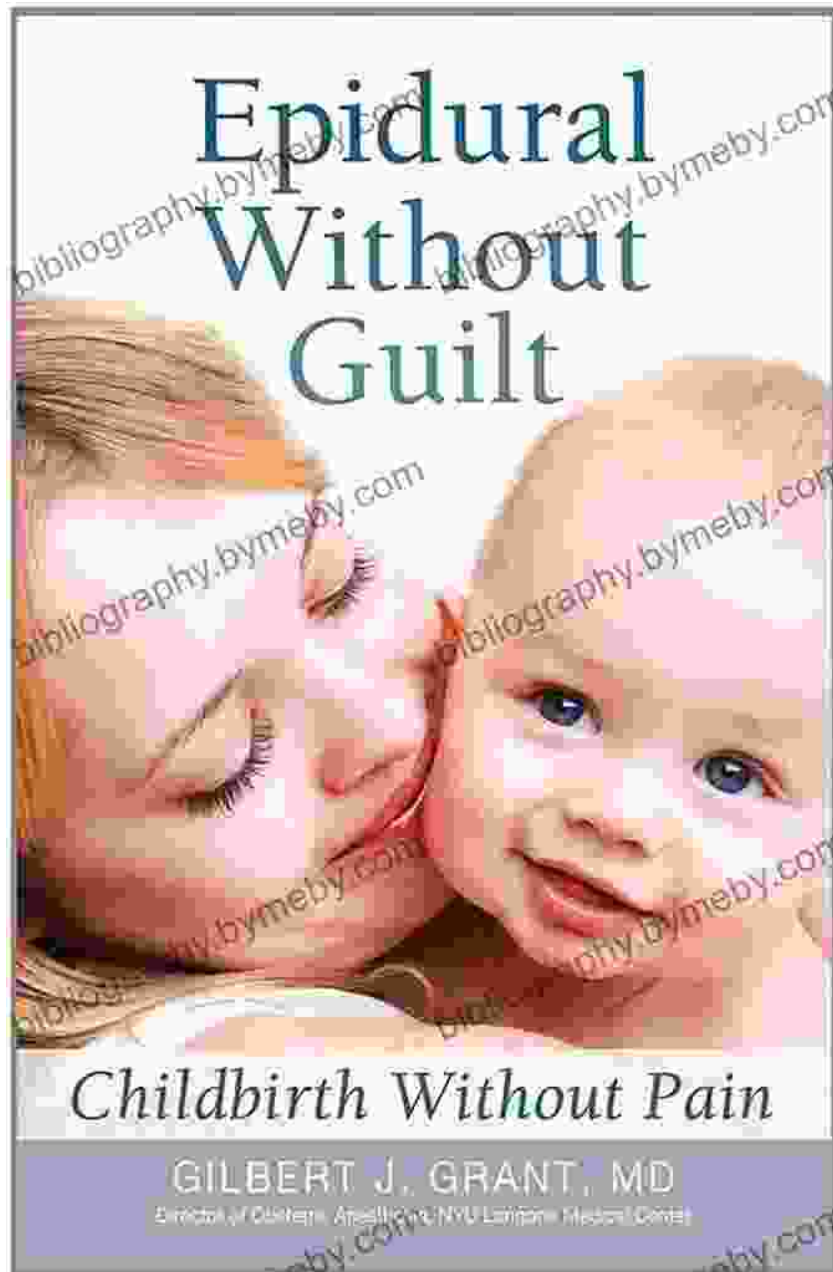


Epidural Without Guilt: Childbirth Without Pain



Are you pregnant and considering an epidural? If so, you're not alone. Millions of women have used epidurals to relieve pain during childbirth.

However, there is a lot of misinformation about epidurals, which can make it difficult to make an informed decision.



Epidural Without Guilt: Childbirth Without Pain

by Gilbert J. Grant MD

★★★★☆ 4.2 out of 5

Language : English

File size : 1152 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 128 pages

Lending : Enabled



This article will provide you with evidence-based information about epidurals, so that you can make the best decision for you and your baby.

What is an epidural?

An epidural is a type of regional anesthesia that is used to numb the pain of childbirth. It is administered through a small catheter that is inserted into your back. The catheter delivers a continuous stream of medication, which numbs the nerves that transmit pain signals from your uterus and cervix.

Benefits of an epidural

There are many benefits to having an epidural during childbirth, including:

* **Pain relief:** Epidurals are very effective at relieving pain during childbirth. They can completely eliminate pain or reduce it to a manageable level. *

Shorter labor: Epidurals can help to shorten labor by reducing the intensity of contractions. * **Reduced risk of tearing:** Epidurals can help to reduce the risk of tearing during childbirth by relaxing the muscles of the perineum. * **Improved ability to push:** Epidurals can help you to push more effectively during childbirth by reducing the pain of contractions.

Risks of an epidural

There are also some risks associated with epidurals, including:

* **Low blood pressure:** Epidurals can cause your blood pressure to drop, which can lead to dizziness or lightheadedness. * **Nausea and vomiting:** Epidurals can also cause nausea and vomiting. * **Headache:** Epidurals can cause a headache, which is usually mild and goes away within a few days. * **Back pain:** Epidurals can cause back pain, which is usually mild and goes away within a few days. * **Rare complications:** In rare cases, epidurals can cause more serious complications, such as nerve damage or infection.

Is an epidural right for me?

The decision of whether or not to have an epidural is a personal one. There is no right or wrong answer. The best way to decide if an epidural is right for you is to talk to your doctor and weigh the benefits and risks.

If you are considering an epidural, it is important to find a doctor who is experienced in administering epidurals. You should also make sure that you understand the risks and benefits of an epidural before you make a decision.

Epidurals are a safe and effective way to relieve pain during childbirth. However, it is important to weigh the benefits and risks before making a decision. Talk to your doctor to learn more about epidurals and to decide if they are right for you.

Additional resources

* [Mayo Clinic: Epidurals](https://www.mayoclinic.org/tests-procedures/epidural/about/pac-20393801) * [American Society of Anesthesiologists: Epidurals] (https://www.asahq.org/whensecondscount/anesthesia-for-obstetrics/epidurals/) * [National Institutes of Health: Epidurals] (https://www.nichd.nih.gov/health/topics/epidurals/conditioninfo/Pages/default.aspx)



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