

Active Labor and Pain Management

One of the most thrilling and gratifying experiences in your life will be the birth of your child. This significant event should be made as safe and pleasant as possible for both you and your baby. Your obstetrician, anesthesiologist and nurses want to help you and your partner reach this goal.

Each woman's labor is unique to her. The amount of labor pain you feel will differ from that felt by other women in labor. It depends on factors such as your level of pain tolerance, the size and position of the baby, strength of uterine contractions and prior birth experiences. Medical decisions regarding control of your labor pain are dependent on many factors and are made on an individual basis for each woman.

Some women achieve adequate comfort with the breathing and relaxation techniques learned at childbirth preparation classes. Others may find these methods inadequate. Many mothers are reconsidering the idea that childbirth is "natural" only without medications, and they are choosing to have pain relief during labor and delivery to help them experience a more comfortable childbirth.

Talk to Your Healthcare Provider for More Information on Pain Relief During Childbirth

Please discuss your anesthesia-related questions or concerns with your obstetrician or midwife. The more prepared you are (in other words, the more you plan your childbirth), the more comfortable and memorable the birth of your baby will be. We strongly recommend you attend one of our childbirth preparation classes. Our Babies First education programs at St. John's Hospitals are just a phone call away. Call us at **805.988.2784**.

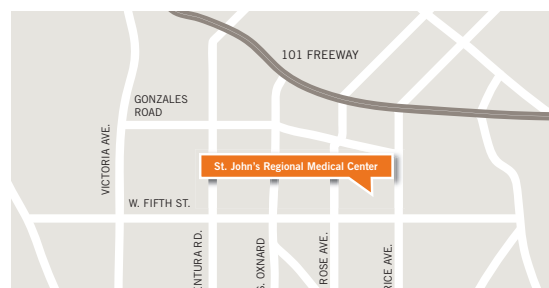
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Important Phone Numbers

Phone numbers for St. John's Regional Medical Center in Oxnard

St. John's Regional Medical Center	805.988.2500
Obstetrician/Healthcare Provider	
Pediatrician	
Labor and Delivery Unit	805.988.2732
Neonatal Intensive Care Unit	805.988.2664
Mother-Infant Unit	805.988.2621
Childbirth Education Classes, Maternity	805.988.2784
Tours and Mommy and Me Classes	
Spanish-Language Childbirth Classes	805.988.2619
Admitting	805.988.2778
Financial Counselors	805.988.2866
	or 805.988.2878
Doctor Referral Service (Free)	877.753.6248
Birth Registrar	805.988.2500, Ext. 1286
Healthy Beginnings	805.988.2619

Directions and Map to St. John's Regional Medical Center



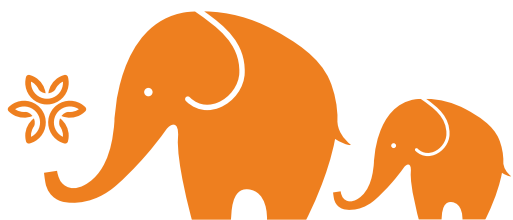
St. John's Regional Medical Center
1600 North Rose Avenue, Oxnard, CA 93030
805.988.2500

Directions from the south:

Take 101 North. Exit Rose Avenue. Turn left on Rose Avenue. Turn left on Gonzales Road.

Directions from the north:

Take 101 South. Exit Rose Avenue. Turn right on Rose Avenue. Turn left on Gonzales Road.



La Labor de Parto Activa y el Manejo del Dolor

Una de las experiencias más emocionantes y satisfactorias de su vida será el nacimiento de su niño. Este acontecimiento signifi cativo debe ser lo más seguro y agradable posible tanto para usted como para su bebé. Su obstetra, el anestesiólogo, y las enfermeras desean ayudarle a usted y a su acompañante a lograr ese objetivo.

La labor de parto de cada mujer es muy individual. La intensidad del dolor del trabajo de parto será diferente de mujer a mujer. Esto depende de factores como su nivel de tolerancia al dolor, el tamaño y la posición del bebé, la fuerza de las contracciones uterinas, y las experiencias de partos anteriores. Las decisiones médicas en cuanto al control de su dolor durante la labor de parto dependen de muchos factores y se toman en forma individual para cada mujer.

Algunas mujeres consiguen la comodidad adecuada con las técnicas de respiración y relajación que aprendieron en las clases de preparación para el parto. Otras encuentran que estos métodos son inadecuados. Muchas madres están reconsiderando la idea de que el parto es algo “natural” únicamente si es sin medicamentos y están eligiendo el tener alivio del dolor durante la labor de parto y el parto para ayudar así a experimentar un parto más cómodo.

Para mayor información sobre el alivio del dolor durante el parto, diríjase a su proveedor de servicios de salud.

Por favor hable de sus preguntas relacionadas con la anestesia o de las preocupaciones que usted tenga con su obstetra o partera. Mientras más preparada esté usted (en otras palabras, mientras más planee su parto), más cómodo y memorable será el nacimiento de su bebé. Le recomendamos seriamente que asista a una de nuestras clases de preparación para el parto. Nuestros programas educativos de Primeros Pasitos en los hospitales St. John's, están ¡a una llamada de distancia! Llámenos al **805.988.2784**.

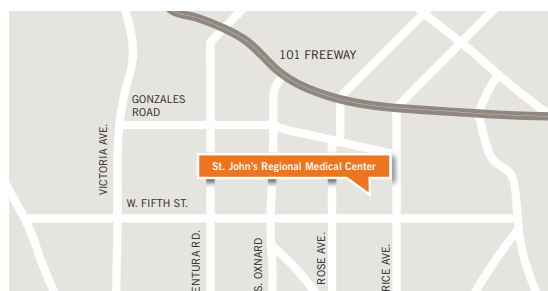
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Números de Teléfono Importantes

Números de teléfono de St. John's Regional Medical Center en Oxnard

St. John's Regional Medical Center	805.988.2500
Obstetra / Personal Médico	
Pediatra	
Unidad de Labor de Parto y Parto	805.988.2732
Unidad Neonatal de Cuidados Intensivos	805.988.2664
Unidad de Madres – Bebés	805.988.2621
Clases sobre el Parto, Recorrida del Área de Maternidad y clases de Mamá y yo	805.988.2784
Clases sobre el Parto en español	805.988.2619
Ingreso	805.988.2778
Consejeros Financieros	805.988.2866
	or 805.988.2878
Servicio de Referencia al Doctor (Gratuito)	877.753.6248
Registrador de Nacimientos	805.988.2500, Ext. 1286
Un Comienzo Saludable	805.988.2619

Mapa a St. John's Regional Medical Center



St. John's Regional Medical Center

1600 North Rose Avenue
Oxnard, CA 93030
805.988.2500

Instrucciones si viene del sur:

Tome la autopista 101 Norte. Salga en Rose Avenue. Doble a la izquierda en Rose Avenue. Doble a la izquierda en Gonzales Road.

Instrucciones si viene del norte:

Tome la autopista 101 South. Salga en Rose Avenue. Doble a la derecha en Rose Avenue. Doble a la izquierda en Gonzales Road.



Dignity Health

St. John's Regional Medical Center



Childbirth and Anesthesia

You're having a baby! You're likely excited and no doubt nervous about several things — including the hard work and pain of labor. Fortunately, there are a number of options available to ease the pain, ranging from medications to breathing techniques.

Every woman's labor and level of pain are different. It's important that you work with your health care providers, including your physician anesthesiologist, to decide what pain management methods are best for you. You may prefer to use little or no pain medication or may feel pain medication will give you better control and make labor and delivery a more enjoyable experience. It's also acceptable to change methods or use a combination during the course of your labor and delivery. Ultimately, the choice is yours.

How Can You Ease Labor Pain?

Epidural

This is the most common type of labor pain relief. If you choose to have an epidural, a physician anesthesiologist will insert a needle and tiny tube, called a catheter, in the lower part of your back. An epidural numbs only the lower part of your body below your belly button and allows you to be awake and alert throughout labor, as well as feel pressure to push when it's time to deliver your baby. It can take about 15 minutes for the pain medication to work, but you can continue to receive it as long as you need it, and increase or decrease the amount you receive as necessary.

Spinal block

This can be used alone or combined with an epidural. A physician anesthesiologist provides pain-relieving medication through a needle inserted in the lower back into the spinal canal. You'll feel no pain, only numbness from your abdomen to your legs. A spinal block can be used for vaginal childbirth as well as for a planned cesarean section, or C-section. The pain relief is immediate and lasts from one and a half to three hours, but it could wear off before your baby is delivered.

Analgesics

Pain medications (opioid and non-opioid) are delivered through an intravenous (IV) line into a vein or injected into a muscle. Analgesics can temporarily relieve pain but don't eliminate it.

General anesthesia

This is the only type of pain medication used during labor that makes you lose consciousness. It works quickly and is

typically used only if you need an emergency C-section or have another urgent medical problem (such as bleeding). You will not be awake for the birth of your baby.

Are Epidurals Safe?

Many women who use medication to manage their pain during labor choose an epidural. While epidurals are very safe, you should be aware of some potential side effects including:

Decrease in blood pressure

The medication can lower your blood pressure, which can slow your baby's heart rate. To decrease this risk, you will be given extra fluids through a tube in your arm (IV line) and may need to lie on your side to increase blood flow.

Sore back

Your lower back may be temporarily sore where the needle was inserted to deliver the medication. This soreness shouldn't last more than a few days.

Headache

Rarely, the covering of the spinal cord may be pierced when the needle is placed, which can cause a headache that may last a few days if it is not treated.

Women sometimes ask if an epidural can slow labor or lead to a C-section. There is no evidence that it does.

To decrease the possibility of side effects, ask for a physician anesthesiologist to be involved in your pain control plan.

Who Provides Anesthesia During Labor?

Before you give birth, talk to your physician to find out who will administer your anesthesia if you decide to have pain medication during your labor. Your anesthesia care should be led by a physician anesthesiologist, a medical doctor specializing in anesthesia, pain and critical care medicine, who works with your other physicians to develop and administer your anesthesia care plan. With 12 to 14 years of education and 12,000 to 16,000 hours of clinical training, these highly trained medical specialists ensure safe, high-quality care.

About the American Society of Anesthesiologists®

Every day in hospitals, medical centers, ambulatory surgery centers and physicians' offices across the nation, physician anesthesiologist members of the American Society of Anesthesiologists (ASA®) provide the highest quality, safest anesthesia care to patients facing surgery or seeking relief from pain. For more information on the field of anesthesiology, visit the American Society of Anesthesiologists online at asahq.org. To learn more about how physician anesthesiologists ensure patient safety, visit asahq.org/WhenSecondsCount.

Complementary methods of managing labor:

Massage — Have your partner massage your back or feet.

Breathing — From deep, slow breaths to grunting, there are many different ways to breathe through the pain of a contraction.

Visualization — You may find it helpful to picture yourself somewhere enjoyable – on a beach or walking through the forest.

Water — Soak in a tub or take a shower to soothe away some tension.