

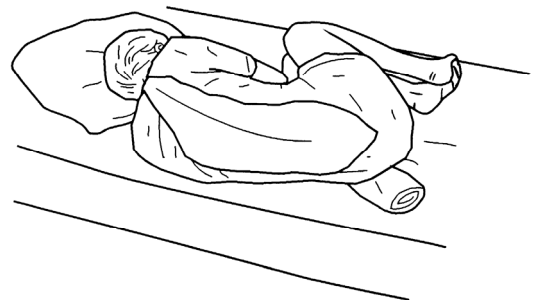
# Epidural Pain Relief for Labor and Delivery

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.

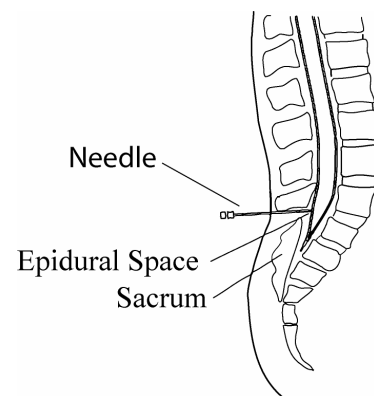


or

- 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.



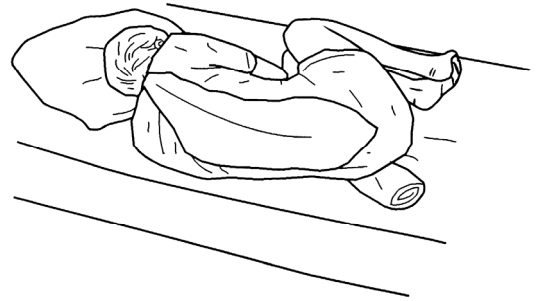
# 分娩過程中的硬脊膜外止痛

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？

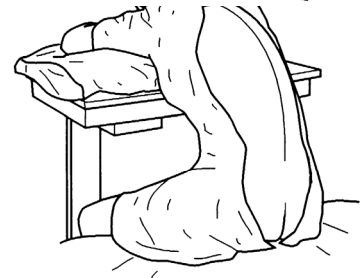
- 插入軟管時，護士會幫助您保持正確的體位。

- 可能須採取左側橫臥，膝蓋儘可能曲收至胃部。下後背拱起。會在左胯下放一捲紙墊起身體。

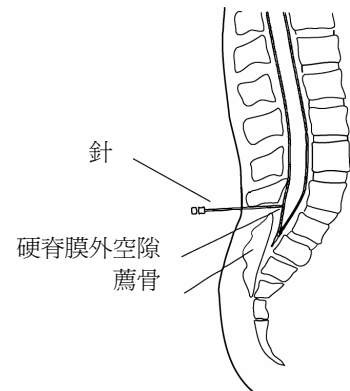


或

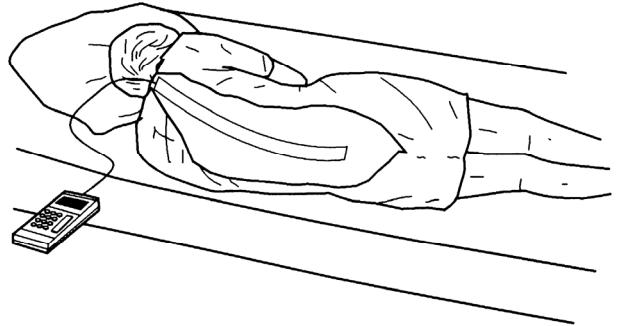
- 可能須坐在床沿上，上身扶在桌上，使背部凸起。



- 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。



- 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**

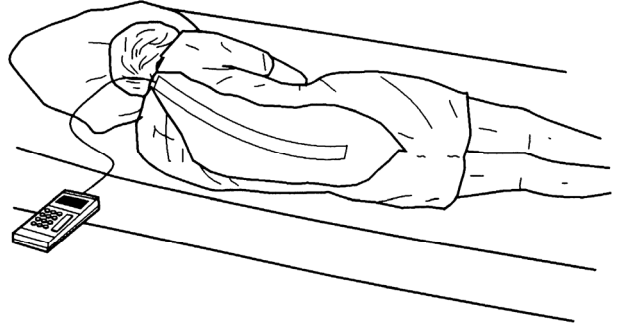
If you have or think you may have any of these conditions, tell your doctor or nurse.

- 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。



### 可能有的副作用

- 止痛效果因人而異，對大多數產婦均有良好止痛作用。
- 腿略有麻木感，但可以移動。必須臥床。
- 可能會遲滯或加速分娩。可根據需要調整給藥量。
- 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。**

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