

# 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.

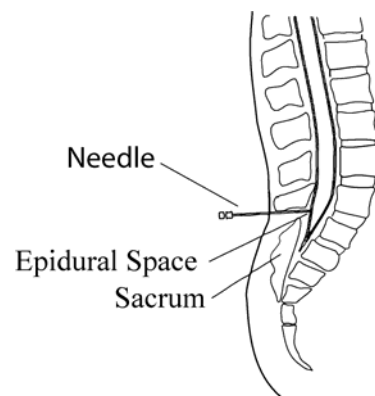


**or**

- 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.



# Xanuun ilowsiiska Epidural ee foosha iyo dhalmada

Epidural waxaa loo adeegsadaa had iyo jeer inay ku ilowsiiso xanuunka xilliga foosha iyo dhalmada. Tuubo yar oo jilicsan ayaa laga galiyaa dhabarka. Dawo ayaa lagu mudaa arkaas tuubada si ay kaaga nafisiso xanuunka obocda hoose, lugaha iyo dariiqa dhalmada. Dhakhtar gaar ah oo loo yaqaano anesthesiologist ayaa tuubada kaa galin doona dhabarka.

## Waa sidee habka loo sameeyaa?

- Kalkaalisadaada caafimaad ayaa kaa caawin doontaa inaad u seexato si lagu geliyo tuubada.

- Waxaa lagu waydiin karaa inaad u seexato dhinaca bidixda oo aad soo laabto jilbahaaga oo caloosha geliso ilaa intaad kari karto. Soo xood dhabarkaaga. Waxaa lagu hoos dhigi doonaa duub misigtaada bidix.

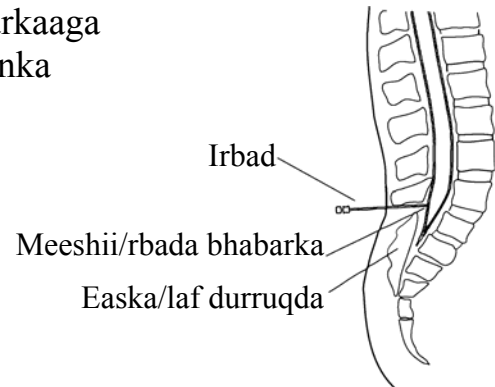


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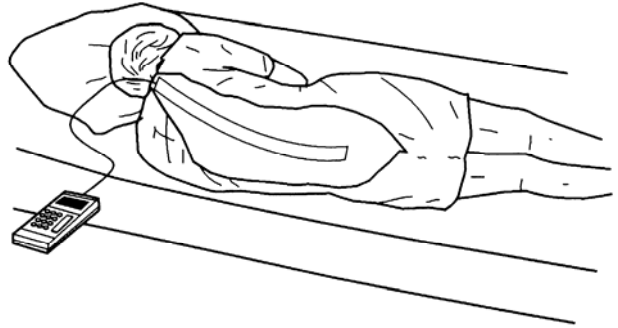
- Waxaa lagu waydiin karaa inaad ku fadhiisato sariirtaada dhinaceeda oo isu janjeedhiso dhinaca miiska si dhabarkaagu u xoodmo.



- Dhakhtarku wuxuu nadiifiyaa dhabarkaaga hoose.
- Dawo suuxdimaad ayaa lagu mudaa dhabarkaaga hoostiisa. Waxaad dareemi kartaa muditaanka irbadda ama hafeef.



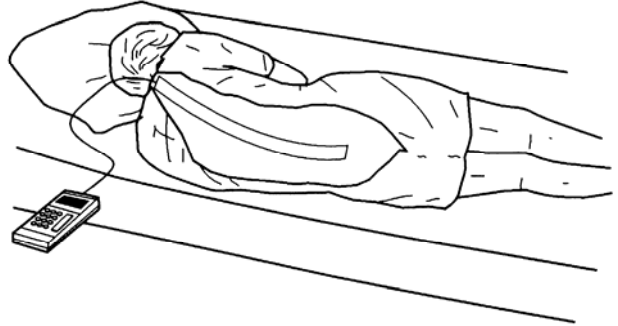
- The staff will ask you to put your chin to your chest and push your back out.
- The doctor puts a needle into the numbed area and positions the tube into the epidural space around your spinal cord.
- Breathe slowly and deeply. Relax and **do not move**. (If you have a contraction, use breathing and 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.

- Shaqaalahu waxay ku waydiin doonaan gadhkaaga inaad ku dhejiso laabtaada oo aad dhabarkaaga xoog usoo riixdo.
- Dhakhtarku wuxuu ku mudi doonaa irbadda meesha la suuxiyey oo uu gelin doonaa tuubada meesha “epidural” ka ee u dhow agagaarka xangullada.
- Si deggan u neefso oo qoto dheer. Is-degi oo **ha is dhaqaajin**. (Haddii uu radiid ku hayo, samee farsamada neefsashada iyo isdebcinta.)
- Irbadda waa lagaa saaraa tuubada jilicsanise way ku hadhaa dhabarkaaga. Waxaa kugu hayn doona balastar yar.



### **Waxyaabaha ay keeni karto**

- Xanuun ilowsiisku wuu kala duwanaan karaa. Dumarka badankodu waxay ka helaan epidural-ka xanuun ilowsiis.
- Waxaad dhaqaajin kartaa lugahaaga inkastoo aad dareemeyso inay yara suuxsan yihiin. Waxaa lagu fari doonaa inaad sariirta dul jiipto.
- Epidural-ku wuxuu soo dedejin karaa ama raajin karaa umusha. Ina ta dawo lagu siinayaa waxay ku xidhan tahay sida aad ugu baahan tahay.
- Xaalado aad u yar, waxaa jirta in ay dhacdo madax xanuun umulaadda ka dib.

## **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.**

## **Markee baan la samayn Karin Epidural**

Haddii aad leedahay, amase u malaynaysid, xaaladahan soo socdaa inay jiraan, u sheeg dhakhtarkaaga ama kalkaalisada.

- Dhibaato dhiigbax
- Caabuq aad dhabarka hoosta ku leedahay
- Haddii dhabarka hore lagaaga qalay
- Dhiigkar
- Dhibaato dareemyaasha
- Maandooriye aad isticmaasho

**Kala hadal dhakhtarkaaga amase kalkaalisada caafimaad haddii aad wax su'aal ah hayso ama aad shaki ka qabto.**

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