

# » Choices for Pain Management

## 01 Homeopathic Techniques

## 02 IV Pain Medication

- This method takes the edge off but does not completely remove pain, and will usually alter mental status
- Cannot receive after about 7cm dilated
- Cannot receive if there is an abnormal fetal heart rate pattern on the monitor

## 03 Epidural

- Safe, effective, and usually removes all the pain
- Occasionally areas of pain persist
- Pressure sensations usually continue
- If abnormal fetal heart rate is present, and there is a need for pain control

You can make your decision as you go. There is an anesthesiologist in the hospital or nearby. You can start with nothing and choose as you progress.

Epidurals are administered in most cases if progression of labor has ceased and it is given to allow the pelvis to relax. In this case, many patients progress and delivery vaginally. There is nothing to lose at this point because an epidural will be given for a c-section.