

Pain Management for LABOR AND DELIVERY

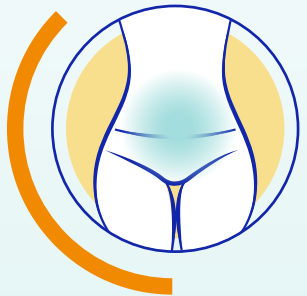
Moms Share Their Experiences

Not as Bad as You Think



Nearly half of moms

said labor pain was not as bad as they expected.



Almost half of moms

said the level of pain felt most like extreme menstrual cramps.



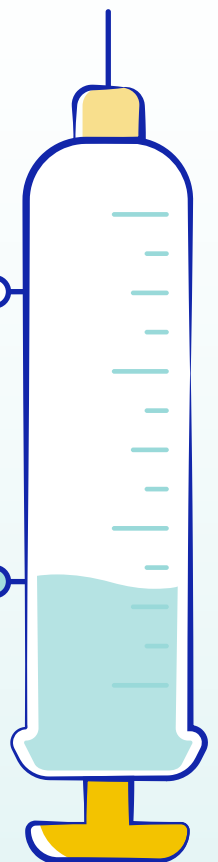
Epidurals: Fact & Fiction

Nearly 3 in 4 moms

have had an epidural.

1 in 4 women

believe an epidural will slow labor. (It's a myth!)

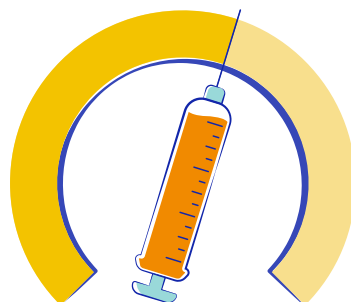


Effective Options



9 out of 10 moms

said the pain management option they chose was effective.



60% of surveyed moms

said they would choose an epidural if they were to give birth again.



1 in 10 moms

chose only complementary techniques, such as breathing or massage.



A Personal Decision

43% of moms advised that women should choose the pain relief option that works best for them.



Talk with your physician anesthesiologist to decide which option is right for you.