

Pain Management Without Drugs

by Glenda Hamilton



PSYCHOLOGICALLY

- Understand the labor's progress and know its purpose.
- Acknowledge the pain and surrender to the contraction.
- Know that millions of women have shared this experience
- Listen to the needs of your body.

PHYSICALLY

- Deep, slow breaths and/or patterned breathing.
- Vocalization, low moaning.
- Position changes and movement.
- Counter pressure.
- Hydrotherapy.
- Aromatherapy (especially lavender, citrus and peppermint).
- Hot packs and cold packs.
- Massage and touch.
- Touch relaxation.
- Music.
- Relaxation between contractions.
- Acupressure.
- Acupuncture.
- Electrotherapy / TENS unit.
- Transcutaneous Injection.

MENTALLY

- Visualization
- Guided Imagery
- Focused Attention.
- Hypnosis
- The "Half Hour Hold" Waiting for half hour from the time you request pain medications, trying some of the above techniques, before actually getting medication. Often it can be beneficial to be well into active labor before receiving medications. Always have a vaginal exam before receiving medications as you may be further along than you think.