

INFORMATION ABOUT:

Sterile Water Injections For Pain Relief of Backache in Labour

What are these injections used for?

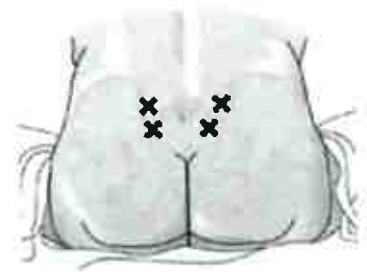
Sterile water injections provide a safe and effective alternative to using strong medications to relieve the severe back pain some women (about 30%) experience during labour. They have been used successfully in many countries around the world for many years.

How do the injections work?

The injections work because the sterile water under the skin causes a counter irritation to the back pain being felt and changes the messages the nervous system receives. Your body responds to “skin” signals before the “internal” signals because it recognises these as more threatening. The injections are best used when the back pain reaches 8 or more out of a score of 10 in severity. Water injections have been shown to be effective in about 90% of women and the benefit lasts for up to 90 minutes.

What will I feel when I have the injections?

A tiny amount of water (less than half a millimeter) is injected just under the top layer of skin in four areas of the lower back. You will feel a strong, stinging sensation at the injection points for a short time-about 30 seconds. Relief of your back pain will usually occur immediately. If you wish, injections can be repeated up to four times to keep your pain under control.



Other benefits?

- No adverse affects for the unborn baby
- Does not affect the mothers state of consciousness ability to move about, or the ability to push in the 2nd stage of labour.
- May avoid the need for epidural analgesia.
- Does not impede the progress of labour, in fact relief of the back pain helps the pelvic floor muscles to relax which aids the progress of labour.
- May be attended by the midwife without the need for a doctors order.

Are there any risks?

Studies show that there have been no complications from using this method. The injections leave slight “bumps” under the skin that go away as the water is slowly absorbed into the body.

Please speak to your midwife if you would like more information.