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Podcast Title: Labour Analgesia

Department: Anaesthesiology

Category: Public Education and Awareness

### TRANSCRIPT

Warm Greeting, Dear Mothers!

I am Dr. Sandhiya, Assistant professor, Department of Anaesthesiology in Sri Manakula Vinayagar Medical College and Hospital. In this podcast. I will explain you about various labor analgesia options

The gift of labor is your precious child but the pain endured during the labor process is very intense making you emotionally and physically weak in the immediate post partum periods.

Unfortunately, misconceptions and a lack of awareness about labor pain relief options prevent many mothers from accessing the benefits of modern pain management techniques. With advancements in medical science, there are now multiple safe and effective ways to help ease labor pain, allowing you to have a more comfortable and positive birthing experience.

Let's explore the various options available to you:

1. Non-Medical Pain Relief Methods are useful in the early stages of labor. Techniques like Deep breathing exercises will help you stay calm, focus on your contractions, and better manage pain.

Walking and Changing positions can ease discomfort and help labor progress.

2. Next option available is nitrous oxide gas

Nitrous Oxide also known as laughing gas is a mild analgesic gas

-It can be self-administered, meaning you control when and how much you inhale.

- Providing a moderate pain relief without completely eliminating sensation.

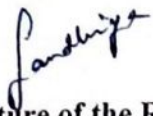
- Allowing the to actively participate in labor and delivery.

3. Epidural analgesia is one of the effective methods in which local anaesthetic drugs are injected through a thin catheter placed into your lower backbone. The local anaesthetics are given in safe doses under monitored care which will relieve your pain without blocking your power to bear down during labor. Thus, in this evolving medical world having an informed

knowledge about the labor analgesia options will help the mothers have a safe and comfortable labor experience

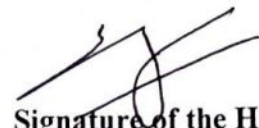
Our aim at the department of anesthesiology in Sri Manakula Vinayagar medical college is to ensure that you have the support, knowledge and adequate care for a positive and empowered childbirth. Make use of the advancement and have a pleasant labor

**Thank you**



**Signature of the Resource Person**

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