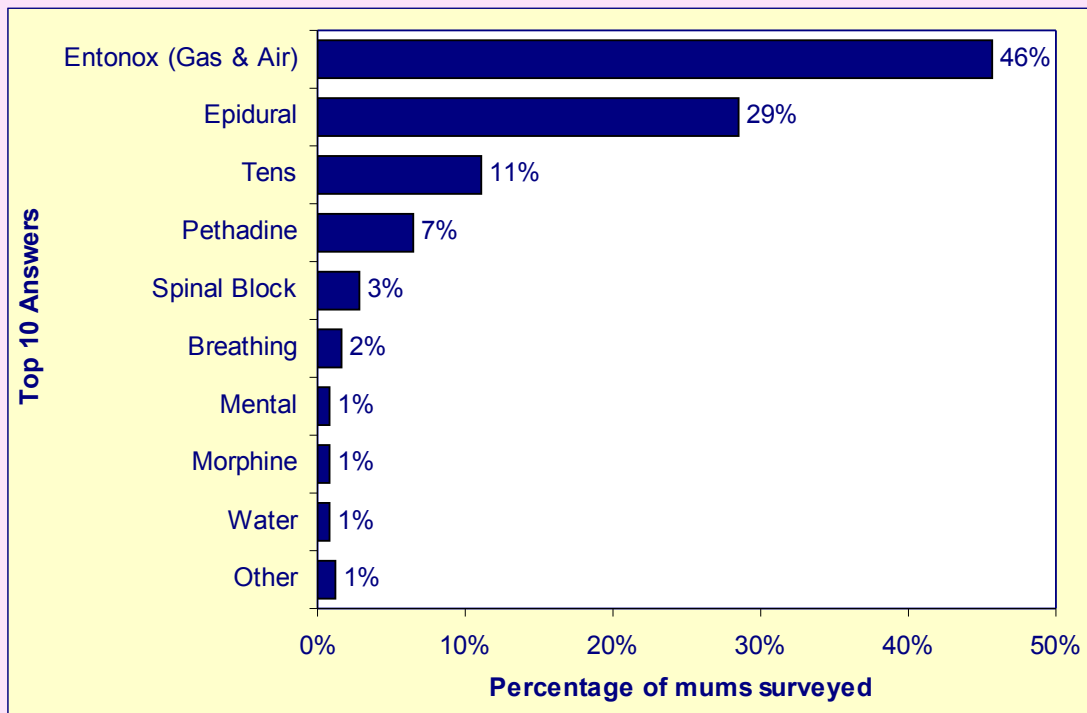


Survey Question:

“Which type of **pain relief** most helped you with childbirth?”

The “Top 10” most popular answers are:**Info on the survey:**

- Nearly half of all mums surveyed said that ‘Gas & Air’ helped most with pain relief.
- Interestingly, in America, ‘Gas & Air’ is made available to very few mums.
- In 2003/2004 the Department of Health estimated that 46% of deliveries were ‘normal deliveries’ defined as those without surgical intervention, use of instruments, induction, epidural or general anaesthetic. Also:
 - 20% of deliveries were induced
 - 1 in 3 women had an epidural, general or spinal anaesthesia
 - 12% of women had an episiotomy
 - 12% of births were instrumental deliveries
- Tens stands for ‘Transcutaneous Electrical Nerve Stimulation’. A TENS machine is basically a small box that transmits small electrical pulses to specific areas on your back via small adhesive pads placed on your body (usually 4). The theory behind TENS machines is that

the electric pulses cause your body to release natural chemicals (endorphins) that counteract the pain of contractions and birth.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Pain relief advice and explanations	www.bbc.co.uk/parenting/having_a_baby/birth_painrelief.shtml
Pain relief advice and explanations	www.babyworld.co.uk/information/birth/pain_relief/pain_relief.asp
Pain relief advice and explanations	www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/
Pain relief advice and explanations	www.tinytums.co.uk/content/pregnant/you_and_your_body/pain_relief.aspx
Ask and midwife and Frequently Asked Questions including information on pain relief	www.midwivesonline.com
Pain relief in a home birth	www.homebirth.org.uk/pain.htm
Pain relief natural childbirth	www.naturalchildbirth.co.uk/pain.shtml
Water birth information	www.thegoodbirth.co.uk/the_benefits_of_a_waterbirth?gclid=CJW3s-S44okCFSYbEAodBQLeFg
Water birth information	www.babyworld.co.uk/information/birth/waterbirth/main.asp
Water birth at home	www.homebirth.org.uk/water.htm
Water birth pool hire	www.waterbirth.co.uk/
Water birth pool hire	www.aquabirth.co.uk/

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	50% with one child; 50% with more than one child