

Induction of Labour

Analgesia or pain relief during the induction of labour process

Whilst in the induction of labour area you have several options:

Many people like to start with:

1. Distraction techniques, aromatherapy, birth ball and moving around
2. Water (There is a bath and showers available to you in the induction areas)
3. Tens machine (with pads)
4. Paracetamol tablets
5. Dihydrocodeine tablets



Simple Pain relief



- paracetamol
- dihydrocodeine



You are welcome to bring in any music, relaxation or meditation recordings to listen to with headphones or EarPods for your own privacy when you are in the induction bays. A Bluetooth speaker with charger can be used when you move into a room for the second step of your induction.

Once you have moved to the labour ward area to continue with the second step of your induction you have other pain relief options available to you:

ENTONOX – “gas and air”



Epidural



Diamorphine injection

We know that induction of labour is often more painful than spontaneous birth. As a result of this women are found to be more likely to have an epidural when they have established in labour. Women who have an epidural are slightly more likely to need help birthing their baby. This may be a ventouse or forceps birth.

Usually, reactions from the pessary are very minor, but sometimes women can experience vaginal soreness.

- While in the Induction Suite we can give paracetamol and dihydrocodeine tablets 4-6 hourly for pain relief. Please ask the midwife looking after you for pain relief instead of taking it yourself as we need to monitor the amount of medication you receive as well as your pain levels.
- Diamorphine, Entonox (gas and air) and epidural are available on Delivery Suite.
- Please visit labourpains.com and look for the pain relief comparison card for more details.
- [Labour Pains - Information on pain relief choices during labour](#)