

5 Reasons To Learn Natural Childbirth Techniques (Even If You Plan To Use An Epidural)

It can take 20 minutes to an hour or more from the time you request an epidural to the time you get pain relief. Instead of being a specific medication, epidural and spinal are advanced anesthetic techniques. This means you need an anesthesiologist or nurse anesthetist to administer one. Unlike simpler, less effective pain relief methods which your midwife, doctor or nurse could administer, when you choose an epidural you need to wait for the anesthesiologist to be available. You could have pain relief in as fast as 20 minutes if everything was already set up and the staff ready, or you could be waiting for another woman to have an epidural administered first, or waiting for an anesthesiologist to finish assisting a cesarean surgery or come to the hospital. In some smaller hospitals, epidurals are not available "after hours," the staff relying instead on simpler methods of pain relief which are not as effective. Natural childbirth techniques will be your only choice for pain management until things are ready for an epidural to be administered, and can be helpful if you receive a less effective pain medication.

About the Author

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