

## What should I do next?

Discuss your pain relief options with your doctor and midwife. There is many alternatives available for you to consider and choose between. You may elect to use several of these in combination throughout your labour.

**Remember  
It's your choice!**

Please Contact your Doctor or the Maternity Ward if you need more information.

My team *is* **BRHS**



Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.

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The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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**Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.**

## Sterile Water Papules

**A non-drug alternative for the relief of lower back pain in labour**

## Back Pain in Labour

About 30% of women experience severe continuous lower back pain in labour. This pain is difficult for women to endure and hard for care-givers to alleviate. It interferes with the women's ability to relax and therefore may also adversely impact on her progress in labour.



To help cope with this unrelenting pain, many women opt for drugs or an epidural. These interventions may have side effects and might complicate an otherwise normal labour.

## What are the causes?

- \*Pressure of the pregnant uterus on the mothers spine and pelvis
- \*Posterior position of the baby
- \*Baby's head sitting or coming down at an odd or "crooked" angle
- \*Referred pain from uterus or cervix
- \*The characteristics of the mothers spinal alignment and pelvic.

## What are sterile water papules?

This is a procedure where a small amount of sterile water is injected just under the skin until a small bubble or "bleb" is raised. The water is usually injected in four sites over the lower.



## How does it work?

The procedure scrambles the pain messages travelling through the spinal cord and eases the back pain. Once the back pain is gone, the women can deal with the contraction pain more effectively.

## Are there any side effects

Insertion of the sterile water does cause intense localized stinging, similar to a bee bite, at the site for about 20-30 seconds.

However it is not a drug, so it has no effect on your baby, or your control and recall of labour.

Some research actually states that it may help labour progress better.



As it is not a drug, it can be repeated as often as you wish. It can be given at any stage of the labour and is readily available.