



LabourPains.com

Reliable information from doctors, midwives & mothers on pain relief & anaesthesia choices for your baby's birth

Midwives: How can we talk to mothers in a way they understand?

Don't let language be a barrier when helping women in your care



INFORMATION ON

- Pain Relief in Labour
- Anaesthesia for C-Section
- Epidural Information Card
- Pain Relief Comparison Card
- Headache after Spinal / Epidural
- Raised BMI
- Birthing Partners in Theatre

New translations and videos added frequently

"Brilliant resource, could save the nhs a fortune."

- Carol Ann, Midwife

"Fantastic site, I feel I no longer have to short-change our non-English speaking mothers."

- Delegate at RCM Conference

Do you have one place where you can access the required information on pain relief?

LabourPains.com is the free, mobile-friendly public information website of the Obstetric Anaesthetists' Association (OAA). Created specifically for expectant parents as well as midwives and healthcare professionals.

The information on LabourPains.com has been written by a multi-disciplinary group, ensuring that you can offer your patients information which is trustworthy, unbiased and scientifically proven.

With information available in over 40 languages, the site is an excellent resource, so why wait, spread the word about this amazing website!



www.LabourPains.com

the public information website of the Obstetric Anaesthetists' Association

Follow us on Instagram & Twitter @LabourPainsOAA

Promoting the highest standards of anaesthetic practice in the care of mother and baby

