

## Rushey Early Labour Lounge

Welcome to the Early Labour Lounge. It is designed to create a 'home from home' setting to ensure a comfortable environment, helping you to feel relaxed during the early stage of labour. During your time in the Early Labour Lounge, please feel free to use our kitchen for refreshments and snacks as it is important to keep yourself hydrated.

### What to expect

The early stages of labour can often take some time before becoming established, lasting 12-14 hours on average; however, it is not unusual for some women to experience a latent phase for 2-3 days. A full assessment will be carried out after 4 hours and a plan will be made with regards to continuing your care. Some women often feel they would rather go home after some rest to continue with early labour. Others will progress into labour and be transferred to a birthing room.

### Positions

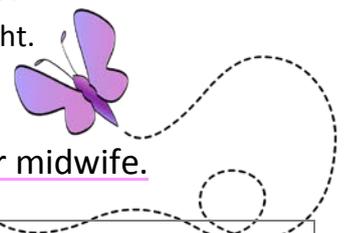
Please feel free to use the space in the Early Labour Lounge to your advantage, mobilising in an upright position as much as possible. This will help your labour to progress and help with the rotation of baby's head. There is a couch and bean bag that can be used in different ways, and we can also provide an exercise ball. Please see the position poster on the lounge wall.

### Pain relief options

- Relaxation and breathing exercises – these can be extremely helpful and for some women, it is all they need.
- Paracetamol and Codeine – a combination of both of these can be effective in relieving the pain in the early stages of labour. They can also be used in conjunction with other pain relief methods when your labour progress.
- Water for injections – these are four small injections of sterile water into the skin in your lower back, which can provide effective relief from back pain. Please ask your midwife for an information leaflet about the 'water for injections' if you would like to consider this as an option.
- TENS – you are welcome to use a TENS machine that you have previously hired and bought in from home. This can be combined with most other forms of pain relief.
- Diamorphine – this is a pain relieving injection, often given in early labour. Diamorphine can make you sleepy, enabling some women to get some well needed rest, helping labour to progress.

### Coping with early labour

1. Try to distract yourself.
2. Don't forget to eat and drink – it is important to keep your energy levels up!
3. Try to rest – especially if you feel tired and your contractions started at night.
4. Get your birth partner involved.



We wish you all the best, if you have any concerns, please ask your midwife.

This document can be made available in other languages and formats upon request.