

Do hospitals have Labour TENS machines?

Most hospitals do not supply Labour TENS machines as they prefer that you hire the machine externally. You can then have it at home before labour starts so you can practice and familiarise yourself with the device. Labour TENS has proven to be more effective when introduced at the earlier stages of labour, not when you are already in a stressful situation upon arrival at the hospital.

Why hire from Easy Birth?

Easy Birth is owned and operated by a Women's Health Physiotherapist. You will be hiring from a registered physiotherapist, so you do not need to obtain another referral from your GP or obstetrician before claiming private health rebates for this device. This is not the case with many other Labour TENS hiring companies. Please contact us to find out which funds are covered, or contact your private health fund directly.

Easy Birth Contact Centres

If you want to learn more about our Labour TENS machines we run monthly information sessions throughout the Sydney metropolitan area. Please contact us for more details about times and locations.

Hiring details

You will receive a small black carry case containing the items below:

- ♥ Labour TENS unit
- ♥ Four self-adhesive pads (100mm x 50mm)
- ♥ Two sets of electrode wires
- ♥ One hand held boost button
- ♥ Two 9v batteries
- ♥ Quick user guide plus full manufacturer's user manual



Labour TENS 5 week hire period = \$65

Postage with return satchel = \$20 (Express Post)

We recommend that you hire at least 3 weeks prior to your due date.

Hire online www.easybirth.com.au

or over the phone

w: www.easybirth.com.au | e: info@easybirth.com.au

p: (02) 9643 9720 | m: 0412 382 834 (from 8am-9pm)

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Please contact us for further details about attending a contact centre nearest you

How you can achieve an Easy Birth with a Labour TENS machine

Advantages of using TENS

- ♡ Drug-free, non-invasive pain control.
- ♡ You stay in control of your pain, which will lead to a less stressful and more positive birthing experience.
- ♡ No side effects or drowsiness for you or the baby.
- ♡ Pain relief at the push of a button.
- ♡ Can be used in the comfort of your own home in the early stages of labour and continued while at the hospital.
- ♡ Does not restrict you into one position for labour, so you can move around freely.
- ♡ Can be used in conjunction with other pain-relief techniques.



What is a Labour TENS machine?

TENS stands for Transcutaneous Electrical Nerve Stimulation: a non-invasive, self-controlled form of pain relief that is used extensively around the world.

A Labour TENS machine (also known as Obstetric TENS) is a portable device that is specifically designed for pain relief during labour and is safe to use during the entire birthing process.



How does a Labour TENS machine work?

1. Helps reduce the pain signals from reaching the brain (pain gate theory)

When we experience pain, messages are sent along the nerves to the brain and then pain is felt. A Labour TENS machine is a small battery-operated device that releases electrical impulses via self-adhesive pads to stimulate the nerves under your skin. This electrical stimulation blocks the labour pain messages from reaching the brain. The brain then registers the more pleasant tingling sensation (produced by the Labour TENS machine) rather than the intense pain signals caused by the contraction.

2. Stimulates endorphin release

The electrical stimulation of the nerves also activates and enhances the release of your body's natural pain-inhibiting chemicals called endorphins. These chemicals and their ability to produce an analgesic effect helps give you a sense of well-being and calmness, and hence less pain.

How do I use it?

Two sets of electrodes are placed on your back as shown:

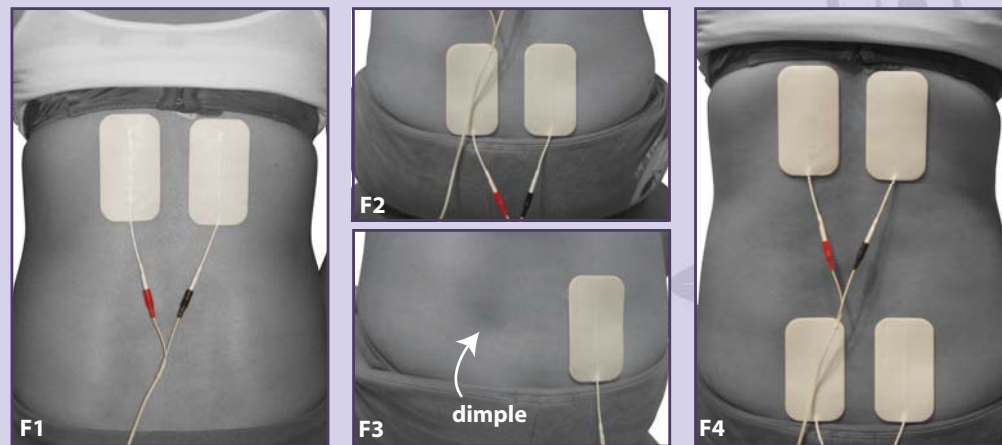


Figure 1: The first two self-adhesive electrodes are placed on either side of your spine at T10 – L1 (just under your bra line). This corresponds with the nerve supply to the uterus, hence reducing the pain felt in your lower abdominal area during a contraction.

Figure 2: The next two electrodes are placed on the lower back of the pelvis level at S2 – S4 (where you feel two dimples (F3)). This helps block the back pain and the pain from the stretch of the pelvic floor and perineum area, which some women may experience during the first and second stages of labour.

Figure 3: Close-up view of 'dimples'.

Figure 4: Full view of electrode placement.

Easy-to-follow instructions and diagrams will be included with your Labour TENS machine

What should it feel like?

Under each electrode, you should feel a mild tingling sensation, which some people say, feels like a soothing back massage.

