

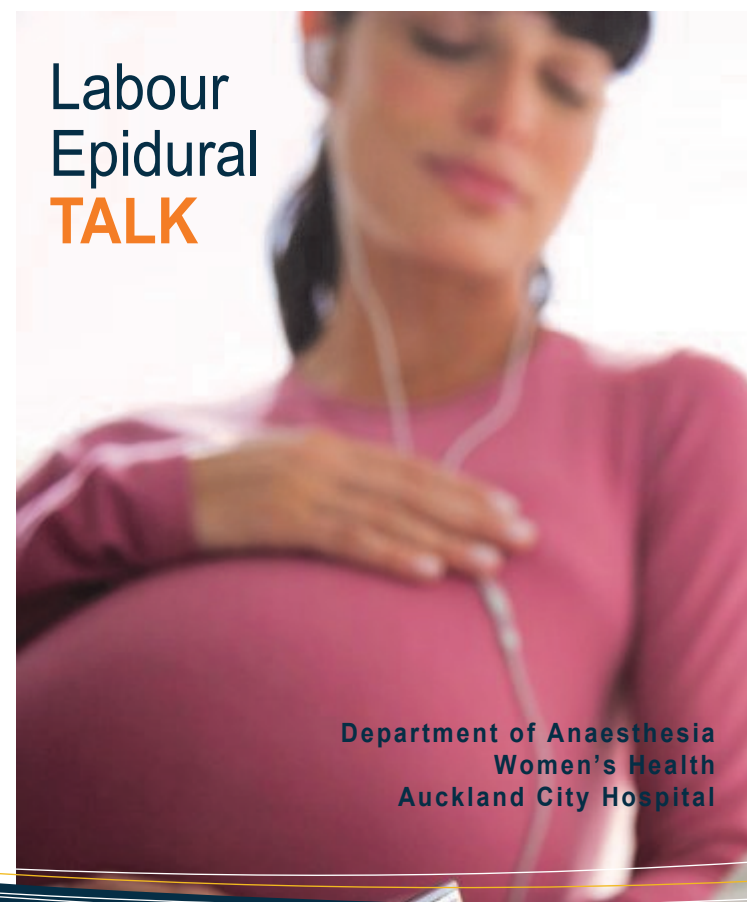
### TO BOOK

As numbers are limited bookings must be made for the talks, we advise booking early in your pregnancy. From 25 weeks onward is an ideal time to attend the talk.

Phone Olivia Tapuosi on **3074949** extension **23781** during office hours.



# Labour Epidural TALK



Department of Anaesthesia  
Women's Health  
Auckland City Hospital

Please meet and check in at 5th floor reception area at Auckland City Hospital, Park Rd, shortly before 7.30pm on your designated evening where you will be met by an Anaesthetist who will take you to the room where the talk is to be held.

### Available dates for 2019, at 7:30 pm

- Monday January 14<sup>th</sup>, 2019
- Monday February 4<sup>th</sup> & 25<sup>th</sup>, 2019
- Monday March 18<sup>th</sup>, 2019
- Monday April 8<sup>th</sup> & 29<sup>th</sup>, 2019
- Monday May 20<sup>th</sup>, 2019
- Monday June 10<sup>th</sup> & 24<sup>th</sup>, 2019
- Monday July 15<sup>th</sup>, 2019
- Monday August 5<sup>th</sup> & 19<sup>th</sup>, 2019
- Monday September 16<sup>th</sup>, 2019
- Monday October 7<sup>th</sup> & 21<sup>st</sup>, 2019
- Monday November 18<sup>th</sup>, 2019
- Monday December 16<sup>th</sup>, 2019

# 2019

Department of Anaesthesia  
Women's Health  
Auckland City Hospital  
Grafton  
Auckland  
New Zealand  
Ph 307 4949 Extn 25026

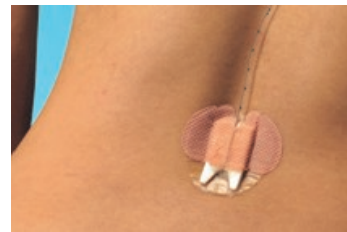
# A Presentation About Epidurals

## AND PAIN MANAGEMENT OPTIONS FOR LABOUR

The Anaesthetists at National Women's Health, Auckland City Hospital, would like to give you the opportunity to learn about epidurals and their role in pain relief and labour.

### A CONSULTANT ANAESTHETIST

- A VIDEO PRESENTATION
- DISCUSSION
- QUESTIONS & ANSWERS



### WHY HAVE A TALK?

Labour can be a very personal and emotional experience and this is not the best time to burden you with information about pain relief and epidurals. It is much better to give information in advance so that you can make an informed decision and make a birth plan that suits you.

So we are offering a free hour long talk by an Anaesthetist at 7.30pm on a Monday (See reverse of this flyer for talk dates for this year),

### WHAT IS COVERED

- Different types of pain relief for labour.
- How an epidural works.
- How is an epidural placed.
- What to expect if you choose to have an epidural.
- The real risks of an epidural.
- Who can't have an epidural.
- Some myths about epidurals.
- Things to consider.
- What do other patients say.

### COMMON QUESTIONS

- What is an epidural?
- What does it involve?
- Can everyone have an epidural?
- Who performs the epidural?
- Is having an epidural painful?
- How long does it take to work?
- Does it always work?
- How long does it work for?
- When should I have my epidural?
- Will the epidural affect my baby?
- What are the side effects or complications of having an epidural?
- What if I need an operation?
- What are spinal?



So come along, with your partner or support person, and find out all you ever wanted to know about epidurals. The purpose of this talk is not to convince you to have an epidural but rather empower you so that you can make an informed decision. An anaesthetist [an-ees-the-tist] is a specialist doctor with at least 12 years of medical training and they will help you understand what is involved.

