

To Book

We advise booking early in your pregnancy. An ideal time to attend the talk is from 25 weeks onwards. Bookings must be made as spaces are limited.

To book your place, phone Olivia Tapuosi on **307 4949** extension **23781** during office hours.

Talks are held either in-person, or online via Zoom—dates for each are listed overleaf. You can choose whether to attend in-person or online, provided you follow current Covid Protection Framework rules. You will be emailed session details when booking.



Dates for 2023, at 7:30 pm

Planned face-to-face in **red**, Zoom in **blue**. All dates subject to change (confirmed on booking)

- Monday January **9th** & **23rd**
- Monday February **13th** & **27th**
- Monday March **13th** & **27th**
- Monday April **17th**
- Monday May **1st** & **15th** & **29th**
- Monday June **12th** & **26th**
- Monday July **10th** & **24th**
- Monday August **7th** & **21st**
- Monday September **4th** & **18th**
- Monday October **2nd** & **16th** & **30th**
- Monday November **13th** & **27th**
- Monday December **18th**



Tena koutou katoa | Kia orana | Talofa lava | Malo e lelei Fakaalofa lahi atu | Taloha Ni | Ni Sa Bula Vinaka

欢迎 | こんにちは | ارحم

Greetings and Welcome to

Department of Anaesthesia
National Women's Health

Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland

Why have a talk?

Labour can be a very personal and emotional experience, and therefore is not always the best time to receive information or make a decision about pain relief such as an epidural.

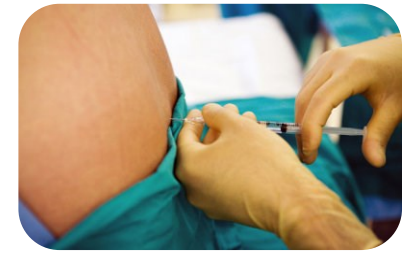
We feel it is better to give information in advance so you can make an informed decision and create a birth plan that suits you.

We are offering a free hour-long talk by an Anaesthetist at 7.30pm on selected Mondays (dates overleaf).



A Presentation About Pain Management Options For Labour

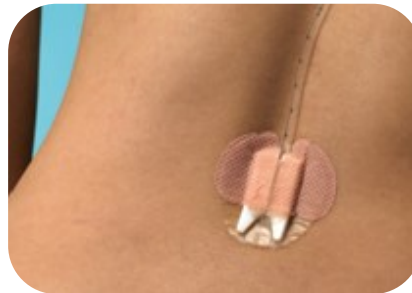
The Anaesthetists at National Women's Health, Auckland City Hospital, would like to give you the opportunity to learn about different forms of pain relief for labour, including epidurals, so you can decide what choices are available to you.



What will happen at the talk?

A consultant anaesthetist will take you through:

- A Video Presentation
- Discussion
- Questions & Answers

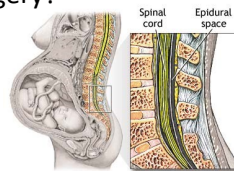


What is covered?

- Different types of pain relief for labour, including relaxation, TENS, Entonox and Morphine
- How an epidural works
- How an epidural is 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 if you choose to have an epidural
- What do other patients say?

Common Questions

- What options are there for pain relief in labour?
- What does an epidural 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 surgery?
- What are spinals?



The purpose of this talk is not to convince you to have an epidural, but rather to empower you so that you can make an informed decision on your labour pain relief. Come along with your partner or support person, and find out all you need to know about pain relief options.

An anaesthetist [an-ees-the-tist] is a specialist doctor with at least 12 years of medical training. They will help you understand what is involved.