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| LTKH | Naistekliinik |
| Tähis: | Vorm |

EPIDURAL ANESTHESIA (EA)

Informed consent form

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| <i>Patient name sticker</i> |
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Purpose is to relieve pain during labour.

Pain relieving medication is injected through a narrow plastic tube (a catheter) into the epidural space. Epidural catheter is placed and epidural anesthesia is done by an anesthesiologist. Before the procedure, an area on your back will be injected with a local anesthetic to numb it. A special needle is then inserted into the spine (backbone, vertebral column) in the lower back and through it a catheter is put into the epidural space. The needle is then carefully removed, leaving the catheter in place to provide medication.

- The procedure lasts about 30 minutes, the medications will start working in 20 minutes and the effect lasts about 2-3 hours
- You may feel the contractions but they will not be as painful
- You can move around as you like, if the legs are not too numb, and actively take part in your labour.
- It is not suggested to lay on your back.

Benefits of EA:

- If there are no contraindications, EA is one of the most effective and safest pain relief method during labour
- The medications used in EA do not have any negative effects on the newborn
- EA can be used for caesarean section and vacuum-assisted birth if needed
- EA allows you to stay alert, remain an active participant in your labour and enjoy the childbirth as a positive experience.

Possible side effects of EA:

- Trembling and high temperature
- The lower part of your body might feel numb and you might experience difficulty urinating
- It can cause your blood pressure to drop suddenly. To avoid that you will be treated with intravenous fluids. Your pulse and blood pressure will be regularly monitored.
- Rarely headache or back pain will occur. This will be treated with oral pain killers.
- Inadequate uterine contractions might occur which can prolong the expulsive phase of labour.
- It might be needed to end the labour with caesarean section or vacuum-assisted birth.

To prevent possible side effects inform your doctor or midwife about all the health problems you have had and any change in your well-being during the EA.

I am advised and I agree with the epidural anesthesia:

Patient _____
(First and last name, personal identification code) (Signature)

Physician _____
(First and last name, impression of seal, signature)

Date _____