

TENS MACHINE

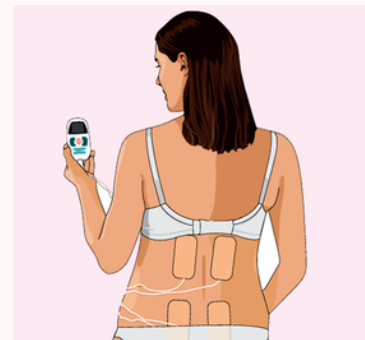
TENS (Transcutaneous Electrical Nerve Stimulation) is a small device that can be an effective pain relief during labour.

HOW DOES IT WORK?

IT IS THOUGHT THAT THROUGH PADS PLACED ON YOUR UPPER AND LOWER BACK, SMALL PULSES OF ELECTRICAL CURRENTS ARE PASSED THROUGH TO STIMULATE NERVE PATHWAYS IN THE SPINAL CORD, BLOCKING THE TRANSMISSION OF PAIN (GIBSON ET AL, 2019).

WHEN IS THE BEST TIME TO USE IT?

IT IS ADVISED TO START USING THE TENS MACHINE IN EARLY LABOUR, WITH WOMEN FINDING IT MOST EFFECTIVE IN THE FIRST & SECOND STAGE OF LABOUR. YOUR BIRTH PARTNER MAY NEED TO HELP WITH THE PLACEMENT OF THE PADS BUT YOU CONTROL THE FREQUENCY AND STRENGTH OF THE DEVICE YOURSELF.



ADVANTAGES OF TENS MACHINES

- + FEEL IN CONTROL, WHICH MAY REDUCE ANXIETY
- + YOU CAN STAY MOBILE
- + SAFE FOR YOU AND YOUR BABY
- + CAN BE REMOVED AT ANY POINT
- + DOESN'T DIRECTLY INTERFERE WITH LABOUR
- + CAN BE USED AT HOME
- + EASY TO USE AND IS NON INVASIVE
- + NON HORMONAL PAIN RELIEF

DISADVANTAGES OF TENS MACHINES

- + NOT ADVISED FOR A WATER BIRTH DUE TO EFFECTIVENESS OF PADS
- + YOU MAY ONLY FIND IT EFFECTIVE IN EARLY LABOUR
- + IT CAN GET IN THE WAY IF YOU WANT YOUR BACK MASSAGING
- + PADS MAY BECOME LOOSE AFTER A LONG PERIOD
- + NOT SUITABLE FOR WOMEN WITH EPILEPSY OR HEART ISSUES

HOW TO USE A TENS MACHINE

PLEASE READ THE INSTRUCTIONS OF YOUR SPECIFIC MACHINE BUT THEY MAY BE SIMILAR TO THESE:

1. HAVE IT READY IN AN EASY TO GRAB LOCATION AND DISCUSS ITS USE WITH YOUR BIRTH PARTNER IN ADVANCE
2. CHECK THE MACHINE HAS ALL THE REQUIRED PARTS
3. MAKE SURE THE MACHINE IS TURNED OFF BEFORE PLACING THE PADS
4. PLACE TWO OF THE PADS ON EITHER SIDE OF YOUR SPINE, WITH THE TOPS OF THE PADS AT ABOUT BRA-STRAP LEVEL.
5. PLACE THE OTHER TWO LOWER DOWN, AT ABOUT THE LEVEL OF THE DIMPLES ON YOUR LOWER BACK, JUST ABOVE YOUR BOTTOM.
6. TURN THE MACHINE ON, STARTING WITH THE LOWEST SETTING
7. GRADUALLY TURN THE SETTINGS UP WHEN YOU HAVE A CONTRACTION OR WHEN THE PAIN IN YOUR BACK IS GETTING WORSE
8. USE THE BOOST BUTTON AT THE PEAK OF YOUR CONTRACTIONS, THIS WILL DELIVER A MORE INTENSE TINGLING OR BUZZING SENSATION
9. TURN OFF THE BOOST BUTTON AT THE END OF EACH CONTRACTION TO ALLOW YOU TO KEEP FEELING THE BENEFITS OF THE MACHINE
10. STAY MOBILE, WHEN YOU CAN, AS THIS WILL ENABLE YOU TO FEEL MORE IN CONTROL AND CAN HELP YOU WITH THE PAIN OF EACH CONTRACTION
11. IF YOU DON'T FEEL THE MACHINE IS HELPING, YOU CAN REMOVE THE PADS AT ANY POINT

SOME OF OUR PACKAGES INCLUDE A TENS MACHINE HOWEVER THEY CAN BE PURCHASED IF NOT.

PLEASE CONTACT YOUR LEAD MIDWIFE IF YOU HAVE ANY WORRIES ABOUT USING THE MACHINE OR WOULD LIKE SOME MORE INFORMATION ON HOW TO USE THE MACHINE IN LABOUR.

PLEASE GET IN CONTACT IF YOU WOULD LIKE SOME MORE INFORMATION ON THE TENS MACHINE INCLUDED IN SOME OF OUR PACKAGES.