

Soundbite Script – Finding Comfort during Labor

Fifty Percent of Women Use Epidural Anesthesia

Dr. Christina Kramer, OB/GYN, OSF HealthCare

“An epidural is a form of pain relief for women who are in labor. Basically, that’s where our anesthesia colleagues come in and put in a small catheter or tube along the tail of the spinal cord and bathe it in a long-acting anesthetic to provide pain relief when a woman is laboring.”

Dr. Christina Kramer, OB/GYN, OSF HealthCare

“There are some small risks with any type of anesthesia. The anesthesia provider would always go through those with the patient. One of the more common risks is something called a spinal headache where if the sac that surrounds the spinal cord is punctured by the needle, some cerebral spinal fluid or CSF could leak out and that can cause a severe headache for women. There are treatments for that, but that is one thing to look out for.”

Dr. Christina Kramer, OB/GYN, OSF HealthCare

“I would say in my experience most women feel an urge to push or can be taught with coaching in order to push so it shouldn’t increase the C-section rate, and current obstetrical guidelines do allow for a longer time frame with pushing before recommending a C-section to account for that learning curve that new moms have to go through.”

Dr. Christina Kramer, OB/GYN, OSF HealthCare

“I think it’s a really nice option for women to have in labor. We’re not forcing women to get epidurals and not all women require epidurals but it’s nice to have the option if the pain becomes intense for labor. And I think moms have a more ideal birth experience and for some women it’s really important that they have absolutely no pain and that’s a nice adjunct to have.”