



achieve an easier, less painful labour without drugs using a TENS machine hired from rock-a-bye baby

*Women with "an overwhelming fear of being able to cope with pain, especially after a previous negative experience in labour, should consider renting a TENS unit."
(Birthing from Within, Pam England & Rob Horowitz).*



What is TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS produces electrical signals to stimulate nerves via self-adhesive pads. This releases endorphins, and disrupts the pain signal to the brain, effectively reducing the pain sensation.

How will TENS Help Your Childbirth Pain?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, via electrode pads, into the nerve fibres which lie below. The TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins'.
The level of pain relief obtained varies from person to person.

Instructions for using TENS for Childbirth

TENS is easy and safe to use, but it is IMPORTANT you read the instructions fully before use if you are unsure



What is in your pack?

1 TENS unit,
2 AA batteries,
Set of 4 x 9cm x 4cm electrodes
Set of 2 leads,
1 instruction manual
Soft carry case

INSTRUCTIONS AND FAQ



Upper Electrodes



The placement of the electrodes corresponds to the locations where the nerves from the womb and the birth canal join the spinal cord. This diagram serves only as a guide as everyone varies in shape and size.

Draw a horizontal line across the sharp angle at the base of the shoulder blades.
The top of the upper electrodes should be placed approximately three finger widths down from this.

Lower Electrodes

Place the centre of the lower electrodes at the S3 level which is just below the 'dimple' at the top of the buttocks.

When should I start using my TENS?

Use as early as you can after the onset of labour to allow time for your body's endorphins to rise.

Can I try it before going into labour?

Yes, you can try it before labour on your forearm to feel the different pulse. See the instruction book for more details.

Can I combine TENS with other pain relief methods for childbirth?

Yes, you can still use heat packs, massage, gas or pethidine. You cannot use TENS if you are in the shower or bath.





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PRECAUTIONS

1. Do not use within the first 36 weeks of pregnancy except on the advice of your Health Care Provider.
2. Do not place electrodes on abdomen during pregnancy.
3. TENS units should not be used by people with pacemakers or suffer from epilepsy.
4. Do not place the electrodes on the neck, head, over the heart, on the side of the body or unbroken or inflamed skin.
5. TENS equipment should not be used when bathing or operating vehicles or potentially hazardous equipment.
6. Electronic Fetal Monitoring Equipment can be affected by TENS use.
7. Always keep TENS equipment out of reach of children.
8. Care should be taken that the unit is not dropped, ideally it should be held or clipped to your clothing.
9. Always keep your hired TENS dry and away from body fluids.
10. Keep the TENS away from sources of magnetic fields for example, TV's microwave ovens as these may affect the LCD screen.

PRACTICE SESSION

We recommend that you and your partner familiarise yourselves with the TENS when you first get it. By having a practice session with your machine you will be fully prepared when you go into labour.