

Should I Get An Epidural?

You deserve total autonomy in this powerful decision.

Pain is a multi-dimensional phenomenon. Knowing yourself, consider the following questions about labor pain:

What is my physical pain threshold or tolerance?

What emotions do I have about labor pain?

What do I think about labor pain?

What do I believe about labor pain?

There are a lot of cultural expectations and responses to pain. How do your loved ones feel about pain? Do you share their views? Are their views supportive for you?

What are the differences between labor pain and pain caused by illness or injury? Does labor pain mean the same thing?

What benefits of an epidural interest me?

What risks or effects concern me?

What would I appreciate about an unmedicated birth?

What most worries me about labor pain? What are the consequences if that happens?

How do personal traits about myself effect my thoughts and my decision? What do I know about myself that can shed light on what is best for me?

How does the choice impact my spouse/partner and my baby?

What type of experience do I want to have during birth?

What do I most want in my heart?