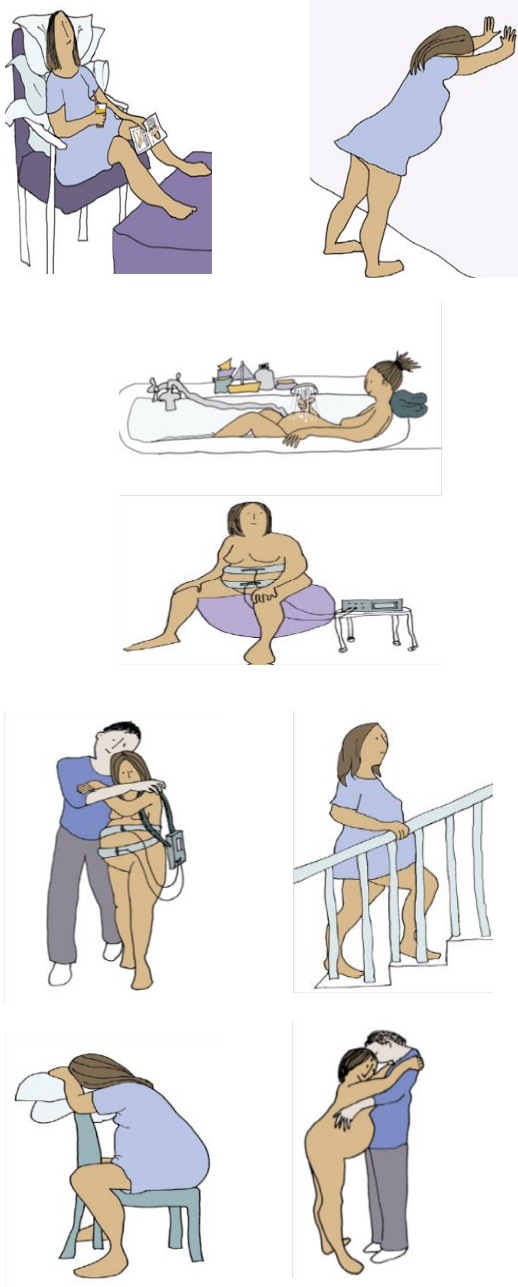
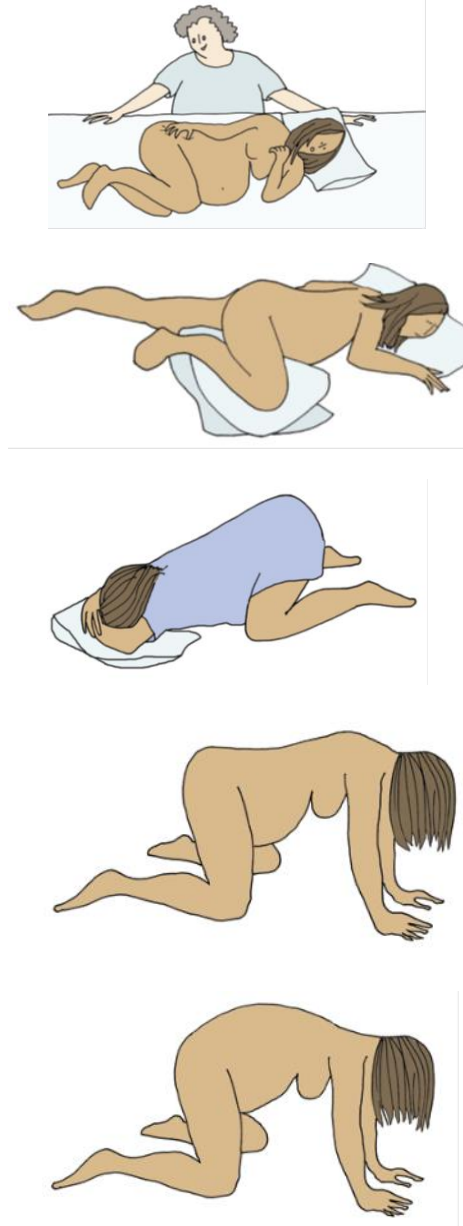


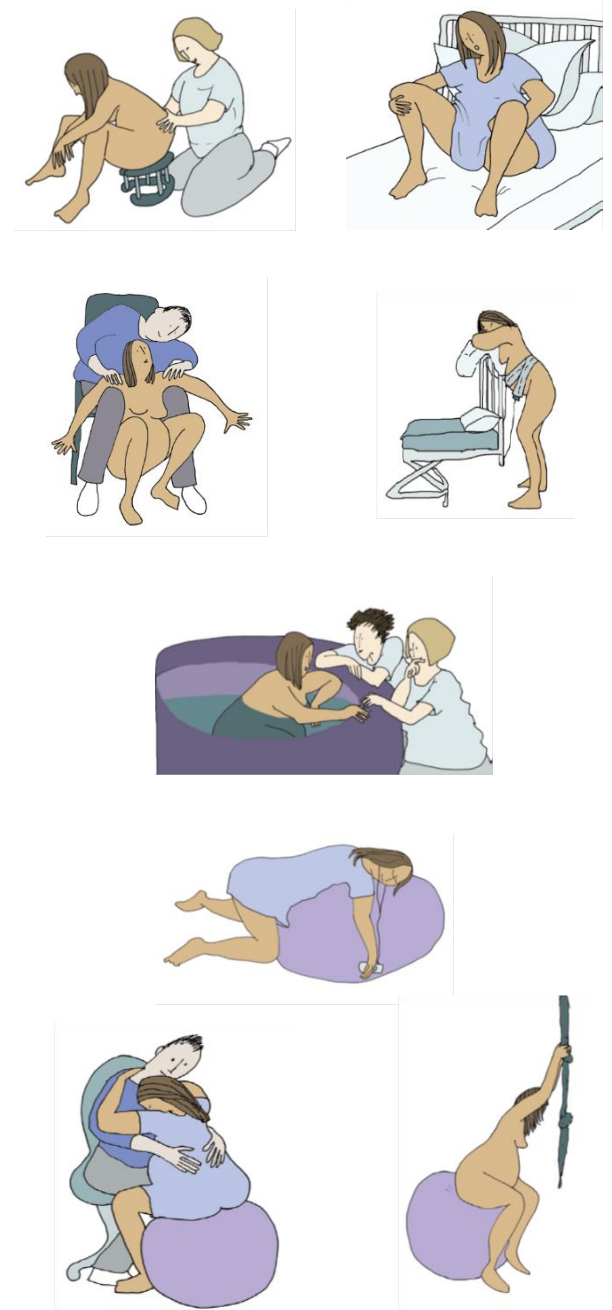
Early Labour/ 1st Stage



Transition



Second Stage/Third Stage



POSITIONS FOR LABOUR

Upright positions have a positive effect at every stage of labour including delivery itself.

It is possible to remain upright and mobile whatever method is being used to listen to your baby's heart rate.

Mobility and upright positions have been shown to;

- Shorten labour
- Reduce the likelihood of having an assisted delivery
- Reduce the likelihood of your baby developing an abnormal heart rate pattern
- Reduce the likelihood of an episiotomy
- There is some evidence of slightly more blood loss at delivery

The images in this leaflet are of various positions that can be adopted throughout all the stages of labour and delivery. Although they are organized for convenience by stage, they are interchangeable and should be used according to personal preference.

Here are some useful telephone numbers should you require any further information.

Midwifery Teams:

Coastal	01803 547207
Riviera	01803 654615
Templer	01626 770086
Torview	01626 324530
Waterside	01803 881431

REFERENCES

Gupta J. K., Hofmeyr, G. J. & Shehmar, M. (2012) *Position in the second stage of labour for women without epidural anaesthesia*. Available at:

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Lawrence A, Lewis L, Hofmeyr G, Styles C (2013) Maternal positions and mobility during first stage labour. Available at:

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003934.pub4/abstract>

Royal College of Midwives (2014)

Campaign for Normal Birth. Available at: <http://www.rcmnormalbirth.org.uk/>

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Coping in Labour

Positions for labour and birth