



Sterile water injections



Sterile water injections are a form of natural pain relief for women experiencing back pain during labour. The injections ease the pain for a number of hours.

When are sterile water injections used?

Some women have back pain during labour. This pain may continue even when the contraction has stopped. Sterile water injections are a good way to relieve back pain in labour.

How are sterile water injections given?

The procedure involves a small amount of sterile water being injected just under the skin at four spots on your lower back. Two midwives will complete two of the injections at the same time. The injections may cause a brief stinging sensation as they go in.

Will it work for me?

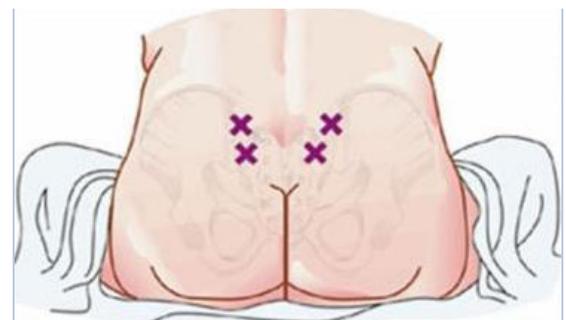
Sterile water injections are helpful for some women and can last for up to two hours.

How many sterile water injections can I have?

The injections can be repeated several times if you find they are working.

What are the advantages of sterile water injections?

- They often have an immediate effect.
- There is no effect on your baby.
- You can still walk around and be active in labour.



Sterile water injections are administered in four locations on the lower back. ©2003 Michael Norwiel

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Helpful resources

Scan the QR code for more information and resources.

