

Welcome to give birth in the North Karelia Central Hospital

**WE WANT TO CONGRATULATE YOU ON THE UPCOMING BIRTH OF YOUR BABY!
IN THIS LEAFLET WE HAVE COLLECTED SOME IMPORTANT INFORMATION REGARDING GIVING
BIRTH IN OUR HOSPITAL**



Patient instructions:**Welcome to give birth in the North Karelia Central Hospital**

Range of responsibility: Operative clinic group

Specialty: Naistenkeskus

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*Itsy – Bitsy fingers,
Wiggly little toes.
Teeny – tiny tummy,
Baby button nose.
Lullabies & Laughter,
Lots of baby things.
And then to fill your heart,
The love a baby brings.*





Initiation of Labour

The labour usually begins with contractions and sometimes with the water breaking. The contractions start as irregular and gradually become more regular. At the start contraction pain resembles menstrual pain. The majority of people who are giving birth find the childbirth painful to varying degrees. Experiencing the pain is very individual and is influenced by many different factors. Pain during child labour is not a sign of imminent trauma or a serious illness. Labour pain is positive, forward moving and it tells that the labour is progressing.

Preparing for childbirth helps you face the pain of childbirth better. It's recommended to surrender to the pain and work with it rather than fighting against it. Confidence in your own ability and a positive mindset are important. Fear and tension increase the experience of pain. The environment also affects how you experience the pain. It's recommended to stay home at the early stages of labour as long as it feels good and safe to be home. Make sure that you feel the movements of the baby. The presence and encouragement of the support person is important. At home you can ease the pain by comfortable positions, listening to your favourite music, moving, taking a shower and breathing. A warm grain or gel bag/heat pack on your lower back or abdomen can also make you feel better. A massage from a support person can also feel good. Try to rest and relax to conserve your strength.

The feeling of pain causes your body to produce oxytocin, a hormone that causes the uterus to contract. The pain naturally guides the birth giver to positions in which the birth proceeds. The upright position helps in childbirth in many ways. It makes contractions more effective, relieves pain and helps the baby descent in the pelvis, speeding up the labour. You can also try a water bath, a therapy ball and a TNS-device if you have them at home.

Trust yourself and endorphins will be released in your body. It relieves pain and speeds up the labour. Be active – it's about your childbirth! The midwife is there for your support, and you can ask them anything.

When to go to the hospital?

- Regular contractions less than 10 minutes apart that have lasted for several hours or if you can't handle the contraction pain at home
- Your amniotic fluid breaking: if you are over 37 weeks pregnant at the time you can usually stay at home, but always call the labour ward (013 330 1122) first. If the colour of the amniotic fluid is bright/pink, the baby is positioned head down, you can feel the movements of the baby and the streptococcus sample is negative come to the hospital no later than 12 hours after the water breaks. If a valid streptococcus sample is not available, we will direct you to the hospital for sampling. A streptococcus sample is valid for 2 weeks. If the streptococcus is positive, we need to start the i.v. antibiotic prophylaxis immediately.

- Suspected amniotic fluid breaking: put a pad on to see if the pad gets wet and more water comes. If there is more watery fluid, call the labour ward.
- Bloody, mucous discharge is a part of the normal approach to childbirth

Come to the hospital immediately if

- You have clear, heavy bleeding or persistent, severe stomach pain
- Your amniotic fluid breaks and the baby is in breech position or you're expecting twins
- The pregnancy has lasted less than 36 weeks, and you have regular, painful contractions

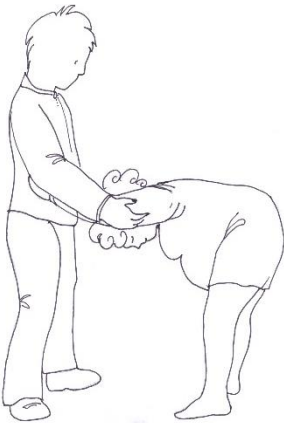
Only call the ambulance if you are advised to do so!

Remember to take your child health clinic card (neuvolakortti) with you!

IF YOU HAVE ANY QUESTIONS, YOU CAN ALWAYS CALL THE LABOUR WARD telephone 013 330 1122

DIFFERENT POSITIONS YOU CAN TRY DURING THE FIRST AND SECOND LABOUR STAGES OF LABOUR

(Pictures: Kaija Järveläinen)



Spouse/support person

The support person can wear their own clothes in the hospital. We recommend comfortable clothing and indoor shoes.

The support person should bring their own food and snacks. The cafe in the hospital isn't open at night-time. Tea and coffee are always available for the support person in the labour ward. There is a fridge and a microwave that you can use in the labour ward. Café Herkkuhetki can be found in the A-building, P-floor of the hospital. You can find the café's services at www.tik-kamaenpalvelut.fi.

The support person has the opportunity to order food to the labour ward if you let the staff know early enough (lunch by 7am and dinner by 12:30 pm). The ordered meal is billed with the birth givers patient fee. The price of the lunch is 8 € and the price of the dinner is 8,5 €.

It's important for the support person to take little breaks and remember to eat and drink enough. After the baby is born, we also offer a congratulatory tray to the support person.

The support person has the opportunity to hold the baby in skin-to-skin contact.

In the maternity ward people are also treated for reasons other than childbirth. Because of this it's good to discuss with the staff at the ward when the presence of the support person is important. It is usually recommended that the support person only stays over night after the birth is active/the labour has started.

If necessary, take nicotine replacement products with you as it is not recommended to constantly go outside.

Non-medical pain relief methods

Bath, shower and sauna

- Water and heat relax you
- Warm water softens the tissues of the perineum
- Water supports the birth giver and helps to receive contractions
- Spray water where you feel the pain, for example your lower back. You can use an exercise ball in the shower to help you find more comfortable positions

Heat packs/cold packs

- You can use them where you feel the pain, for example lower back or abdomen

Using your voice

- Low vowel sounds (e.g., AA, UU) during contractions help you breathe and relax
- Try to relax the muscles of your jaw, neck and cheeks

Relaxation and breathing

- Calm and deep breaths help you relax. Remember to relax your shoulders with exhalation
- Mindfulness exercises can help you receive the pain
- Does listening to music relax you? Do you feel more relaxed in dim lighting?

Positions, moving and outdoor activities

- Moving and upright positions promote childbirth
- It's also important to rest in a position that you find comfortable
- Rocking movements of the pelvis can make you feel better. You can for example lean on your support person or sit on an exercise ball

Touch and massage

- Closeness increases the secretion of oxytocin, "the contraction hormone" and creates a feeling of security
- Massage the back, shoulders, head, thighs...
- You can research for example gua sha massage and acupuncture

TNS

- The TNS-device sends a massaging electrical impulse to where you install it, for example to the back and thighs. The device must not be installed on the uterus. The electrical stimulus prevents the pain message from passing to the brain.
- The best benefit is obtained when the device is already used in the early stages of childbirth
- For example, Liekku RY rents the devices to be used at home. The device is quite inexpensive to acquire for yourself
- The devices are available in the maternity and labour wards

Aqua beans/ sterile water injections

- Sterile water injections involve tiny amounts of sterile water being injected into the skin. Can be placed for example around your back or abdomen to relieve pain in labour
- Can be done in the delivery room by a midwife

Medical pain relief methods

Oxanest

- A strong, intramuscular pain medicine that can be given in the early stages of labour

Laughing gas/ nitrous oxide

- A mixture of oxygen and nitrogen which the birth giver can breathe through a mask during a contraction. Can be used during the opening and pushing stages of labour. The gas relaxes and eases the pain during contractions

Epidural anaesthesia

- For epidural the labour must be properly underway. Epidural is an option when other pain relief methods are no longer sufficient
- Requires constant monitoring of foetal heartbeat (CTG) and birth givers blood pressure
- A thin catheter is placed in the back, which enables the addition of the anaesthetic if necessary
- The pain-relieving effect is affected in about 20 minutes and the effect lasts for several hours

Spinal anaesthesia

- Often used when this is not your first-time giving birth and/or the birth is proceeding fast
- Anaesthesia criteria is the same as it is for epidural
- The pain-relieving effect start immediately and usually lasts for 1,5–2 hours

Paracervical nerve block

- Cervical local anaesthesia
- Often used when this is not your first-time giving birth and/or the birth is proceeding fast

Pudendal nerve block

- Pubic nerve cord anaesthesia
- Usually used in the pushing stage

There is no such thing as completely pain-free birth, but there are many ways to ease the pain. The purpose of pain relief is to help you deal with the labour pain. Your midwife will help you plan and choose the best pain relief for you.

Good to know...

Parking

Parking at the hospital is chargeable. Parking fees at the parking hall are:

30 min = 1,00 €
1 hour = 2,00 €
2 hours = 3,50 €
3 hours = 5,00 €
4 hours = 6,50 €
5 hours = 8,00 €
6 hours = 9,50 €
7 hours = 11,00 €
8 – 24 hours = 12,00 €
2nd and following days 5,00 €/day

You can enter the hospital through the main entrance at all hours of the day. Follow the directions. The labour ward is located on the 2nd floor, C-wing (department 2C). During on-call hours, when the doors are locked, call the labour ward 2C with the door phone located at the main door.

Telephone

Telephones can be used in the hospital premises.

After the birth

After the birth the family will go to the maternity ward. The maternity ward is located on the first floor, G-wing (department 1G). If there's enough space at the maternity ward, you can request a family room where the support person can also stay. You can request a family room when you move to the maternity ward. The price for the family room is 20,30 € per night. The room fee is billed with the birth givers patient fee. The price does not include meals for the support person. If the support person wants to order lunch/dinner, they should notify the staff. The family rooms are popular, therefore you might have to wait for one to become available.

The spouse and the siblings of the new-born can visit the maternity ward freely, taking into account the other patients and customers. It is not possible for the siblings of the new-born to stay overnight at the ward.



Links

[Front page - English \(siunsote.fi\)](https://siunsote.fi)

[Breastfeeding peer support in English – Imetyksen tuki ry \(imetys.fi\)](https://imetys.fi)

[Liekku ry - Liekku ry - vanhemmuuden kehto](#)

[Naistalo | Terveyskylä.fi \(terveyskyla.fi\)](https://terveyskyla.fi)

[@synnytajoensuussa](#)

Contact information

Maternity policlinic

p.013 330 2118

Labour ward

p. 013 330 1122

Maternity ward

p.013 330 1120

Breastfeeding clinic

[Online booking](#)

Birthing class

[online booking](#)