



Labour pains, also known as contractions, are a natural physiological process that occurs during childbirth. These pains are a crucial part of the birthing process, signalling the body's readiness to deliver the baby. The intensity of labour pains varies one mother-to-be to another.

It is important to understand the various pain relief options available and their impact on the labour, mother-to-be and baby. Medical options include nitrous oxide, pethidine or epidural anaesthesia but these are often disregarded as mothers seek a 'natural solution'.

TENS machines offer a non-invasive and drug-free method for pain relief during labour with no side-effects for mother or baby. By stimulating sensory nerves and promoting the release of endorphins, it can help women manage the discomfort of contractions and make the labour process more manageable. Its ease of use and flexibility make it a popular choice for those seeking natural pain relief options during childbirth.

Many midwives recommend maternity TENS because the machines enable mothers to remain mobile and upright during labour; aiding the descent and dilation. Electrodes are typically placed on the lower back or other painful areas, and the intensity of electrical stimulation can be adjusted to the woman's comfort level. Maternity TENS can be used from 37 weeks, to aid with lower back pain and is most effective when used from the onset of labour, as this allows the body time to build endorphin levels.

Whilst some expectant mothers will achieve sufficient pain relief using just a maternity TENS machine, others may require additional pain relief. Maternity TENS can safely be used with other pain relief options such as gas and air. However, due to its electrical nature it cannot be used for water births.

### **Benefits of Maternity TENS:**

- Can be used from the onset of labour, helping with transition from home to hospital
- Can be safely used in conjunction with analgesics such as pethidine or standard gas and air
- Can be used to manage after birth pain, post-episiotomy pain and general back pain
- Safe for mother and baby
- Drug-free
- Often recommended by midwives
- Easy-to-use
- 9 out of 10 women find TENS helpful in labour
- Mum-to-be remains in control and mobile

In 2013, a survey of more than 1,200 mums who had given birth within the last five years, revealed that almost 20% of respondents had used a maternity TENS machine while giving birth, and the majority of those who used one, confirmed it provided effective or very effective pain relief. In our recent survey of more than 5,350 mamaTENS users, 90% confirmed it provided effective pain relief and that they would use a maternity TENS again for consequent labour.

# Natural pain relief during childbirth

TensCare's Perfect Mama devices have been used by midwives and expecting mothers for over 20 years



## Perfect MamaTENS



- Can be combined with traditional pain relief methods
- Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Recommended by midwives & doctors

- A B C** Dedicated programmes for different stages of labour
- BOOST** BOOST button for increased pain relief during contractions
- + -** Adjustable treatment intensity for effective relief

## Perfect Mama+

- Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Track the progression of labour with Perfect mama+
- Adjustable treatment intensity for effective relief

- A B C** Dedicated programmes for different stages of labour
- BOOST** BOOST button for increased pain relief during contractions
- T** Integrated contraction timer allows you to measure the duration and intervals between contractions.
- 👉** Breast electrodes can be used to help initiate lactation.



# Breast Pumps

Feed your baby with comfort and confidence with the Nouri Range

A breast pump range designed for both mother and baby, choose from manual, electric and double breast pumps.

The Nouri Range offer a natural solution to breastfeeding. BPA free, all three pumps are quiet and lightweight allowing for discreet expression and to collect excess lactation. Nouri pumps are easy to clean, assemble and use.






## Nouri Pump

-  Manual expression
-  Adjustable pumping levels







## Nouri Auto

-  Automatic expression
-  Massage mode to stimulate milk flow before a session
-  Integrated night-light



## Nouri Duo

-  Automatic expression
-  Massage mode to stimulate milk flow before a session
-  Integrated night-light
-  Collect into two bottles simultaneously

# Baby Essentials



Devices to make caring for your baby easier



## Digi Duck

Bath Thermometer

Easy-to-use bath thermometer keeps your baby safe during bath time.



-  Indicates when bath is too hot
-  Doubles as bath toy



## Sloth Clock




Sleep Trainer

All-in-one children's sleep trainer designed to keep you child in bed longer.

-  Bed time & Wakeup time indicator
-  Night-light



## Nasal Aspirator

-  Soft, flexible, BPA Free
-  Easy breathing
-  Fits noses of all sizes