

# Maternity

**What Are Labour Pains?** The intensity of labour pains varies from one mum-to-be to the other, thus making it difficult to answer the question of 'how much will it hurt?'. However, what is possible, is to be able to improve the ability to cope with the pain experienced during labour; as well as understanding the various pain relief options available, and their impact on the labour, mum to-be and the baby. During the final stages of pregnancy (third trimester), occasional tightening or contractions of the uterus (womb) may occur. These contractions are referred to as Braxton Hicks Contractions or "false labour"; and these typically become more frequent closer to the due date. Real contractions begin when your body releases oxytocin, which in turn stimulates the uterus to contract. The pain starts low, rises until it peaks, and finally gradually decreases. As labour progresses the time between contractions becomes shorter and contraction pain becomes more intense.

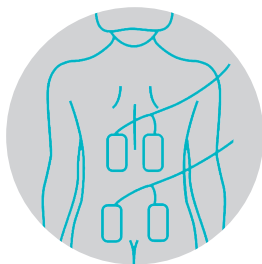
Research suggests that adequate preparation can help to reduce pain or at least modify the perception of pain and reduce anxiety, which can help cope with labour. There are several pain relief options: three main medical pain-relieving options (nitrous oxide, pethidine or epidural anaesthesia) and drug-free pain relief options (self-help techniques, complementary therapies and TENS). Maternity TENS machines have an excellent reputation as one of the safest, most effective forms of modern pain control available to women during childbirth. Many midwives recommend maternity TENS because the machines enable mothers to remain mobile and upright during labour; aiding the descent and dilation whilst providing a more natural, drug-free form of pain relief. It is probably most effective during the early stages of labour, when many women experience lower back pain.

If medication is used to start off (induce) or speed up labour, the contractions may be more painful. Most women use a range of ways to cope with labour pain. It is a good idea to have an open mind and be flexible.

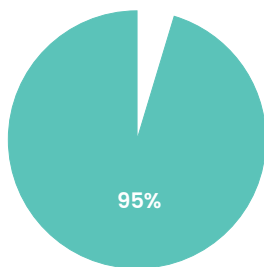
**How does Maternity TENS Work?** A maternity TENS machine consists of a battery powered, hand-held controller connected by fine leads to four flat electrode pads. The pads are covered in a firm gel that helps them stick to the skin; and are placed near where the sensory nerves that transport pain signals from the uterus and pelvis enter the spinal cord.

Maternity TENS works in the same way as general TENS by: preventing pain signals from reaching your brain and stimulating the body to release endorphins. Additionally, it helps mum-to-be to feel in control of labour and be less anxious, and it also offers a distraction from the contractions.

The machine sends small, safe pulses of electrical current via the leads to the electrode pads onto the skin. The pulses pass through the skin and into the muscles and tissues. This gives a gentle tingling or buzzing sensation, which may be stronger or weaker, depending on the level of intensity selected. The intensity of the pulses can be easily adjusted by buttons on the maternity TENS unit.



Electrode Pad Placement



Percentage of Mums who said they would use Maternity TENS again

**Applications:** 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. This can take around 30 to 40 minutes. It provides drug-free pain relief, with no side-effects for mother and baby.

Many women find TENS particularly effective in the early stages of labour, giving them pain relief in the comfort of their own home. Using TENS gives mum-to-be control over her pain relief, which in turn can help her to feel more relaxed. TENS can also be used to ease postoperative pain following caesarean, perineal tear or episiotomy.

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.

**General TENS vs. Maternity TENS:** Unlike general TENS machines, the mamaTENS Eco and perfect mamaTENS machines have preset programmes which are specifically designed to help relieve pain through each stage of labour.

TensCare maternity TENS units use extra-large electrode pads with integrated leads to ensure that all the relevant nerves are covered to give the most effective pain relief. They also offer a boost button which allows mums-to-be to rapidly increase the intensity to provide additional pain relief during contractions.

**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.

# Perfect mamaTENS

Maternity



DIMENSIONS \_\_\_\_\_ 120 x 60 x 20 mm  
WEIGHT \_\_\_\_\_ 120 grams  
AMPLITUDE \_\_\_\_\_ 70 mA (max)  
FREQUENCY \_\_\_\_\_ 80 -150 (Hz)  
PULSE WIDTH \_\_\_\_\_ 150 - 250  $\mu$ s  
WAVEFORM \_\_\_\_\_ Symmetrical Bi-phasic Rectangular  
POWER SUPPLY \_\_\_\_\_ x2 AA  
PRODUCT CODE \_\_\_\_\_ K-PM

## Overview

The perfect mamaTENS machine is safe and effective to use from the onset of labour providing mums-to-be with pain relief in the comfort of their own home.

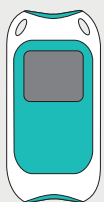
The unit also enables the mum-to-be to remain mobile and upright, which can aid descent and dilation.



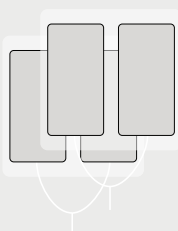
## Features

- 2 channels with 4 electrode pads and a single intensity control for ease of use during labour.
- 3 preset programmes designed to counter labour pain at every stage.
- Integrated boost button provides additional pain relief during contractions.
- Maternity TENS could also be used to relieve back pain in the last 3 weeks of pregnancy, to ease post-operative pain following caesarean, perineal tear or episiotomy and is safe to be used in conjunction with other forms of pain relief during labour.

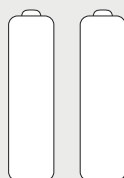
## Kit Contents



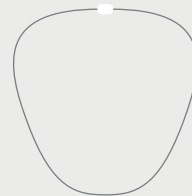
x1 Device



x4 Electrodes



x2 AA Batteries



x1 Neck Cord

# Perfect mama+

Maternity



DIMENSIONS	120 x 60 x 20 mm
WEIGHT	120 grams
AMPLITUDE	70 mA (max)
FREQUENCY	80 - 115 (Hz)
PULSE WIDTH	150 - 250 $\mu$ s
WAVEFORM	Symmetrical
POWER SUPPLY	x2 AA
PRODUCT CODE	K-MAMA+

## Overview

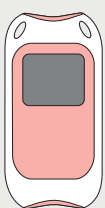
The perfect mama+ machine is safe and effective to use from the onset of labour providing mums-to-be with pain relief in the comfort of their own home. The unit also enables the mother to remain mobile and upright, which can aid descent and dilatation. Additionally, the perfect mama+ gives information about contraction times and the length of your labour.



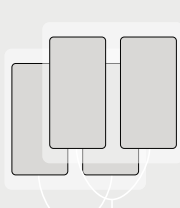
## Features

- 2 channels with 4 electrode pads and a single intensity control for ease of use during labour.
- 3 preset programmes designed to counter labour pain at every stage. Integrated boost button provides additional pain relief during your contractions.
- Comfortable stimulation with 50 steps of intensity in programmes A and B or 60 steps in programme C.
- Contraction timer and labour log to enable the mum-to-be to monitor the duration and frequency of the contractions.
- Unique breast electrode pads to help initiate lactation TENS could also be used to relieve back pain in the last 3 weeks of pregnancy and to ease post-operative pain following caesarean, perineal tear or episiotomy.

## Kit Contents



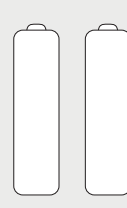
x1 Device



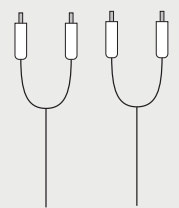
x4 Electrodes



x4 Breast Electrodes



x2 AA Batteries



x2 Lead Wires



# Nouri Pump

Maternity



DIMENSIONS \_\_\_\_\_ 233 x 103 x 230 mm

WEIGHT \_\_\_\_\_ 200 grams

MATERIALS \_\_\_\_\_ BPA Free

PRODUCT CODE \_\_\_\_\_ K-NRIPUMP

## Overview

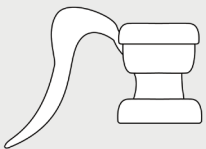
Nouri Pump is a manual breast pump, designed to provide a comfortable experience whilst you express milk. The pump offers two suction forces and gently stimulates milk flow through the soft massage cushions. Nouri Pump is compact for on-the-go use.



## Features

- Easy to use, manual breast pump.
- 2 suction forces Soft breast shield provides comfort whilst you pump.
- Cleaning and sterilising guide included.
- Compact and lightweight - perfect for on-the-go use.

## Kit Contents



x1 Manual Pump



x1 Bottle (150ml)



x1 Teat & Cap



x1 Breast Shield

# Nouri Auto

Maternity



DIMENSIONS \_\_\_\_\_ 325 x 102 x 225 mm

WEIGHT \_\_\_\_\_ 517 grams

POWER SUPPLY \_\_\_\_\_ Rechargeable

MATERIALS \_\_\_\_\_ BPA Free

PRODUCT CODE \_\_\_\_\_ K-NRIAUTO

## Overview

Nouri Auto is an automatic breast pump, designed to make breast pumping quick and easy. The pump has three different modes: **Massage** is used at the start of the session to stimulate breasts. **Expression** is used to pump the milk and **Rapid** is also used to express milk but at a higher pumping frequency.



## Features

- Automatic pump for quick and effective milk expression.
- Each mode has 8 different suction forces to choose from, ensuring every expression is comfortable and efficient.
- Soft breast shield provides comfort whilst you pump.
- The user can switch between modes using the Mode Switch button.
- Rechargeable lithium battery. Cleaning and sterilising guide included.
- Integrated LCD screen and night light so you can pump day and night.

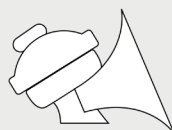
## Kit Contents



x1 Bottle Dock



x2 Bottles (150ml)



x1 Breast Shield & Connector



x1 Feeding Teat & Cap



x1 Tube

# Nouri Duo

Maternity



DIMENSIONS \_\_\_\_\_ 255 x 213 x 162 mm

WEIGHT \_\_\_\_\_ 890 grams

POWER SUPPLY \_\_\_\_\_ Rechargeable

MATERIALS \_\_\_\_\_ BPA Free

PRODUCT CODE \_\_\_\_\_ K-NRIDUO

## Overview

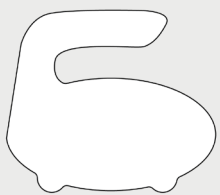
Nouri Duo is an automatic, dual breast pump, designed to express milk from both breasts simultaneously. A variety of suction forces ensure comfortable and quick pumping, so that mothers can enjoy every expression. **Massage** Mode is used at the start of the session to stimulate breasts whereas **Expression** Mode is used to pump milk, where the user can select between 12 suction forces and 4 pumping frequencies.



## Features

- Dual, electric pump offers milk expression from both breast simultaneously.
- 2 modes of use with adjustable suction forces and pumping frequencies.
- Soft breast shield provides comfort whilst you pump.
- A variety of suction forces ensure comfortable and quick pumping, so that mothers can enjoy every expression.
- Cleaning and sterilising guide included.
- Integrated LCD screen and night light so you can pump day and night.

## Kit Contents



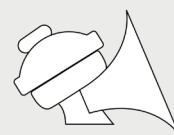
x1 Pump Body



x2 Bottles (150ml)



x2 Feeding Teat & Cap



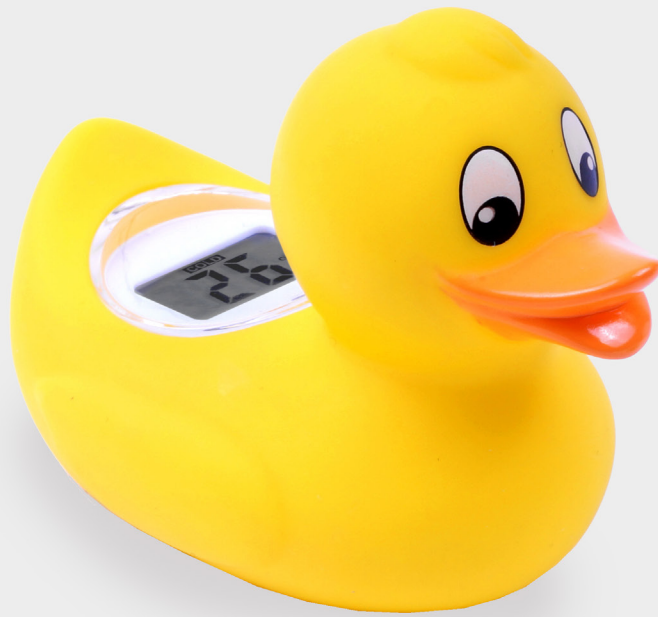
x2 Shield & Connector



x2 Tubes

# Digi Duckling

Maternity



## Overview

Incredibly easy-to-use bath thermometer. LCD display for quick and accurate temperature readings. The thermometer will automatically turn off after an hour. Displays water temperature 0°C to 50°C. A RED warning light illuminates if the water is too hot.

PRODUCT CODE \_\_\_\_\_ K-DKBT

# Eboo

Maternity



## Overview

Safe and soft children's night light. Energy-efficient and eye-caring LED creates a uniform non-flickering light that doesn't hurt the eyes. Made of washable squeezable silicone and has no sharp edges. Small dimensions suitable for children's hand.

PRODUCT CODE \_\_\_\_\_ K-OWL