



USE OF TENS IN LABOUR

TENS (Transcutaneous Electrical Nerve Stimulation)

The TENS unit consists of a battery powered stimulator and two pairs of electrodes with connecting leads. A mild electrical current is produced by the TENS unit which you will feel as a tingling sensation on your skin. The intensity, rate and duration of the electrical impulses produced by the TENS unit can be adjusted by the person using it.

Benefits of using TENS in labour:

- TENS is a form of non-invasive pain relief
- TENS has no harmful effects on either the mother or baby
- TENS does not restrict your ability to move about in labour
- TENS can be applied at home during early labour
- Other pain relief options can still be used if TENS does not provide you with adequate pain relief

How does the TENS work?

When we experience pain, messages are sent along the nerves to the brain and then pain is felt.

The TENS unit produces tiny electrical impulses which are sent through the skin to the nerves. This electrical stimulation of the nerve blocks those pain messages from reaching the brain. The brain then registers the tingling sensation produced by the TENS unit rather than the pain.

TENS also increases your body's production of endorphins – these are your body's natural painkillers.

Where can you obtain a TENS?

- Attend a TENS education class with a physio - 1st Monday of every month at 12pm
- Location – 2 West Henry Bolte building
- To book please call 2 West Allied Health on ph – 5320 4465
- Support person also invited to attend
- Book a class at least 2 weeks before your due date