



Labour TENS hire



What is TENS and how will it help me?

Pain occurs when specialised nerve receptors are stimulated and messages are passed from the nervous system to the brain (dorsal horn) where they are interpreted as pain.

The dorsal horn is responsible for passing on information which can be interpreted as pain. This area is referred to as the 'gate' as it prevents the brain from receiving too much information too quickly. Impulses from our Labour TENS painlessly pass along nerve fibers and override pain messages to close the gate. The electrical impulses from our Labour TENS also stimulate the release of natural painkillers called endorphins. Endorphins reduce the intensity of pain similar to drugs like morphine, but without the side effects.

Can I use the machine in hospital?

Yes of course, midwives and hospitals recommend the use of TENS for labour.

Can I use it at home?

Definitely, the earlier you get started in labour the greater the benefits.

Is it difficult to use?

Not at all. Provided in the instructions is a photo to show you where to put the x4 self adhesive pads on your back, these are then connected via two wires to the main digital unit along with the boost button. The machine itself is very simple to use and understand. It is about the size of a mobile phone.

Can I use other pain relief aswell?

You can certainly use it with Gas & Air (Entonox) or pethidine.

Are there any side effects?

There are no known side effects for baby or mother. TENS should not be used if you have a pace maker or epilepsy.

What is the boost button for?

The boost button is used during a contraction. By pressing the button the intensity of the pulse you feel increases by 20% and changes to a constant sensation rather than a pulsing effect. This helps the body cope with the pain more effectively.

Can I use any TENS machine?

No. For use in labour you must use a Labour TENS. The electrode pads with a labour TENS are much larger than a standard TENS and you will need a boost button/mode for the contractions. You may also find that normal muscle TENS machines vary greatly in strength.

When should I order my TENS?

The sooner the better, get online or call us today. We will deliver in time for your 37th week, or immediately if required.

How long is the hire period?

You will hire the machine for 6 weeks. It will be delivered for your 37th week of pregnancy and need to be returned 3 weeks after your due date.

How do I order my TENS?

Give us a call on 01455 441036 and pay over the phone, visit our website www.babydollyshop.co.uk and order online or send us a cheque along with your name, address, phone number and due date to Baby Dolly TENS, PO Box 8275, LE10 9AP. By hiring a TENS you are accepting our Terms and conditions (see website.)

Our fully inclusive package price includes:

- Signed delivery.
- 6 week hire period
- Digital labour TENS unit.
- lead wires.
- Booster button.
- New 9v battery.
- x4 large self adhesive electrode pads.
- Freepost return post address label.
- Telephone support if required

£22

01455 441036

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