

What to expect

The appointment will include a full antenatal assessment, optional membrane sweep, and complimentary therapy treatment bespoke to the individual. The midwife will then complete the appointment by discussing, offering and arranging an induction of labour with delivery suite for post-dates at 41+5.

Your 41 week appointment will be arranged however if you no longer need this appointment please inform waterlily so that it can be made available to someone else as soon as possible—there will be a reserve list on waterlily for those interested.

A sweep will be offered (first baby 40 weeks gestation, Subsequent 41 weeks gestation as per NICE guideline). You can still attend even if you do not wish to have the sweep.

Stimulation of acupressure points on the shoulders (Gall Bladder 21), Hands (Large Intestine 4) and ankles (Spleen 6), to encourage contractions and spontaneous labour.

To complete your treatment an aromatherapy hand/foot massage or foot bath with one of the 3% pre-blended essential oils will be offered.

You will be advised about the signs of labour and when to contact the unit.

There may be an opportunity to take a sample of the prepared blend of oil used for your treatment. There are currently two options of pre-blended oils available. This clinic is also available to those wishing to have a homebirth.

To book please contact Waterlily

Clinics

Monday - Brancaster Clinic QEH

Tuesday -North Cambs ANC (Wisbech)

Wednesday - Downham Market Children's Centre

Thursday - Terrington St Clements Children's Centre

Friday - St Augustine's Surgery

Aromatherapy, acupressure and massage



Post dates clinic

What you need to know

Contact us to book your 40 week appointment in our new post dates clinic

What is a post dates clinic?



We are now offering a new service. Our post dates clinic treatment aims to reduce the need for a medical induction of labour by 3-5%. This hour long appointment at one of our 5 locations can be arranged by your community

midwife.

We are introducing, complementary therapies including acupuncture, massage and essential oils for women and staff with the intention to;

- - Reduce induction rate by 3-5%
- - Offer more choices to you
- - Reduce pain and anxiety during labour
- - Cost saving
- - Each essential oil possesses individual remedies and can be bespoke to your individual needs. (Burns, et al., 2000)

Post Dates complimentary therapies is defined as the use of essential oils, acupuncture and massage to aid spontaneous onset of labour.

Aromatherapy is defined as “the use of fragrant essential oils extracted from plants as a treatment in complementary medicine to relieve tension and cure certain minor ailments” (Anderson, 2007).

What are the benefits?

Essential oils, acupuncture and massage can be used as a complimentary therapy for pregnant women with one baby, in a head down position, term, with no major medical or pregnancy problems and where complementary therapies are not contraindicated to other treatments or medication being given and where consent has been provided.

Aromatherapy and massage offers relaxation and acts as an adjunct to enhance normal labour. Research suggests that therapies such as massage, aromatherapy and reflexology in pregnancy help you to cope better in labour. Hypnosis-style relaxation (the deep relaxation technique, "hypno-birthing") is popular for preparing for the birth. And there is a separate hypnobirthing course available (please discuss this with your mid-



wife). Acupuncture or massage can help your labour to progress normally, so it's less likely you'll need drugs to start or speed up contractions, or to have a Caesarean. If you're relaxed in labour, the stress hormones are reduced so that the birth hormone, oxytocin, can help your body to work more efficiently.

References

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- Tiran D, Mack, S., (2000). (eds) *Complimentary Therapies for Pregnancy and Childbirth. Second edition.* Bailliere Tindall, Edinburgh
- Tiran D. (2005) *Complementary therapies in maternity care: personal reflections on the last decade.* Complementary Therapies in Clinical Practice. London
- Wilkinson J, Peters D, Donaldson J. *Clinical governance for complementary and alternative medicine (CAM) in primary care.* London, University of Westminster; 2004.

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