

Erfahrungsbericht zur Anwendung von EPI-NO

Situation prior to birth - Age: 39 – primipara

During a birth preparation course I visited in Herrsching the midwife referred to the problems in connection with and the need for episiotomy. The women taking part in the course who had already experienced an episiotomy were intimidated and asked the midwife for the possibilities of precautionary treatment. In the hours of thinking of this much feared cut I made up my mind to do everything possible to manage to experience childbirth without episiotomy.

My gynaecologist Dr. W. showed me how to use the EPI-NO 14 days before the calculated date of birth of my daughter. He drew my attention to the fact that this was a method of training for childbirth. That was difficult for me to imagine, but I was convinced of the opposite very quickly! The daily training and concrete focusing on the oncoming birth made me enthusiastic. EPI-NO made me realise that I was able and had to train my abdomen. During training with EPI-NO I kept thinking of my baby girl's head that needed space. I talked to Dr. Horkel about the training units, he gave me new tips and kept me motivated! He always gave me the latest dimensions of my baby's head and that was reason enough for me to keep on training!

On the 12th day of training I had calculated that I would be able to press out a diameter of 9 cm. With that in mind I felt really strong to face the oncoming birth. It could go ahead, because I was optimally prepared. Birth: On 8th January 1999 (day 13 of training) I went to hospital with regular contractions and contacted the midwife in service. I had hoped that staying at home and "tolerating the pressure" (I had learnt that feeling, thanks to EPI-NO) would be confirmed by the midwife. And she did: my os uteri was already 4 cm opened so we knew that it would not take all that long! At 13.44 hours our daughter was born; after 4 hours and 15 minutes, after 3 bearing-down pains and without episiotomy!

The pressure in the last contractions was by far greater than I had experienced in the most strenuous training with EPI-NO. My abdomen was nevertheless well prepared and my perineum was able to withstand the pressure and tension. I was and am very proud of myself!