

Erfahrungsbericht zur Anwendung von EPI-NO

Dear Teccana Team,

After I suffered a perineal tear, degree 3 during the birth of my first child in October 1997 - your advertisement on EPI-NO immediately leapt to my eye.

A report published by the magazine "Eltern" and more detailed information made the whole thing seem really logical. When I asked several midwives on their opinion regarding EPI-NO the reactions were all quite negative.

The reason: The perineal massage was sufficient, the reactions on the pelvic floor were unknown and EPI-NO was too expensive. Nevertheless I wanted to try it out! My female gynaecologist encouraged me to try out EPI-NO due to the perineal scars, however, she recommended to start training in the 37th week.

So I began training. One training unit in the evening had to be enough, as I did not have the necessary peace and quiet during the day. The most important aspect as far as I was concerned was to stretch the perineum, as I wanted to do everything possible to avoid a tear like the one at my first birth.

Training went on perfectly and after just below two weeks I was able to press out a diameter of 9.5 cm. I was not so worried about the oncoming birth. In the 39th week I had to stop training as my os uteri was already 3 cm open. On 2nd March I felt pains in my stomach at about five o'clock in the morning. One hour later I had regularly recurring slight pains at intervals of six to seven minutes.

Shortly after seven we were at the hospital. The pains were now coming more frequently and were stronger. The os uteri had now opened to between four and five centimetres. I wanted to take a bath to relax. As soon as I was in the water I felt the urge to press. The midwife did not even have time to put on her gloves, the baby's head had already been born. Our healthy baby with a birth weight of 3600 g was born without any damage to the perineum.

Yours sincerely,
H.Z.