

## Erfahrungsbericht zur Anwendung von EPI-NO

Ladies and Gentlemen,

In summer 1998 I took part in a first survey on EPI-NO carried out at Klinikum rechts der Isar and my experience was highly positive.

The calculated date of birth of our son Niklas was 17.7.98. 14 days before the calculated date I started training with EPI-NO. As Niklas was born 8 days after the calculated date on 27.7.98 I had the opportunity to train 3 weeks with EPI-NO. The long period was surely one reason for the positive end result. Despite the fact that Niklas was a big baby (born 8 days after the calculated date) and delivery was very quick (only 3 hours) - first the birth was induced, then a drug against pains was administered and then all in all the actual delivery only lasted 3 hours - nevertheless I neither had an episiotomy nor a tear.

One thing I must mention is the fact that I had massaged the tissue since the 33rd week of pregnancy. Training with EPI-NO helped me most by the fact that I knew how and where to press, apart from the fact that I had no episiotomy. I was therefore able to follow the midwife's instructions exactly. When I started training with EPI-NO it took me a few days to find out how to press in the most favourable way. During the process of childbirth this is extremely helpful, as you can make full use of the bearing-down pains and the pressure is not diverted anywhere else.

You also learn how to cope with the "gentle" pains of pressing in the course of training with EPI-NO. This helped me a deal, too.

After this quite positive experience I will definitely start training with EPI-NO before the birth of our second child (calculated date 24.5.00).

I hope that this experience report has been a help.

Yours sincerely,  
Katja R.