

## Preparing for a gentle delivery



The preparations for a gentle delivery start with gymnastic exercises in a relaxed atmosphere to loosen up the abdominal and pelvic muscles. Due to its versatility, Duoetto® offers individual relief and relaxation in the pauses between contractions.

### For patients:

- Individual relaxation through a wide range of uses
- Safety and support for the pregnant woman in first stage of labour
- Optimal relaxation of the pelvic floor through circling movement

### For your staff:

- Flexibility and mobility thanks to a built-in transport system
- The modules can be combined with Dullstein® delivery stool and Pelviball®

### For your facility:

- little space requirement
- Modern design
- Individual color design for a harmonious overall impression

# A vertical birth – with Febromed Duoetto®



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Equipment for delivery rooms and medical accessories

# The advantages of the upright – vertical delivery position



- The breathing of the mother in labour is improved – her lung volume increases by 10%.
- Circulation issues are less common, the blood flow through the placenta is augmented, and risks to the baby during delivery are minimised (higher Apgar score).
- Contractions of the uterus are more intense, more regular and more frequent. Contractions can be handled better by changing and avoiding certain body positions.
- The mothers in labour are more actively involved in the delivery process. They have excellent control over their bodies, and their pushing becomes more effective.
- The birth canal is stretched (allowing the baby's head to sink lower). The sagittal diameter of the pelvic constriction, the anterior arch of the pelvis and the posterior arch of the pelvis expand by 1.5 cm, 0.5 cm, and 1.5 cm, respectively. This guarantees perfect flexibility of the pelvis.
- Suitable for the use of already existing ceiling slings.

## Positive effects on the hormone balance

When the mother in labour shifts her position from the side to the upright position, the level of prostaglandin, the hormone which induces labour, rises. The effect of the hormone oxytocin, which stimulates contractions, is amplified as well. Endorphins (feel-good hormones) are released, while stress, anxiety and tension are reduced.

## Less pain and stress during labour

A vertical body posture makes it possible to effectively counteract pain by releasing and contracting the muscles. This so-called tone regulation also protects against overexertion and excessive fatigue. Tone regulation requires unlimited mobility and changes in body positions.

## More positive experiences during and after giving birth

Opting for an upright delivery position can have both physical and mental benefits. Experience shows that women who were able to assume an upright posture enjoyed a shorter first stage of labour and a shorter delivery phase. They also experienced fewer interventions during the labour process and reported less pain after giving birth. Generally speaking, mothers in labour expressed greater satisfaction with the birthing experience compared to women who delivered their child while lying on their backs.

## Benefits of a natural birth for the mother

- The mother bounces back much more quickly from a natural – vaginal – birth than from a C-section. She will usually be able to stand up again and tend to her baby without assistance. She will be able to go home after only a short while – without experiencing any difficulty during everyday activities.
- Risks that are common with C-sections including infections, extensive blood loss, injuries to other organs (bladder, intestines, etc.) or potential cardiopulmonary complications are prevented by a vaginal birth.

## Benefits of a natural birth for the baby

- Babies that are delivered vaginally carry a much lower risk of contracting respiratory disorders. The pressure exerted on the baby's chest during a natural delivery squeezes the amniotic fluid out of the baby's lungs. This will prepare the baby for breathing on its own.
- Skin-on-skin contact between mother and baby is easier to achieve after a natural birth compared to a C-section. Skin-on-skin contact offers a series of physiological advantages for the baby and also contributes to the optimal development of the baby's brain. What is more, babies that were delivered vaginally need to be taken to the intensive care ward much less often than C-section babies.
- Samples taken from the placenta and the umbilical cord after normal births – unassisted by drugs – contained endorphins. These feel-good hormones afford the child a much more pleasant birthing experience.