

## Complementary Therapy

- ◆ Sessions held twice a week by specially trained midwives
- ◆ Available from 40 weeks of pregnancy (your due date) onwards
- ◆ Treatment is tailored to your individual needs
- ◆ Acupressure, reflexology and aromatherapy
- ◆ May help labour start naturally
- ◆ Book early as places are limited



Sessions are held twice a week.

Monday evenings, 6pm - 9.30pm and Thursdays, 8.30am - 3pm.

Cost for the first treatment is £50, and then £30 each thereafter.

To book a session, please telephone **0777 501 0331**

Monday to Friday, 8am - 4pm

## Further information

If you would like to discuss whether this treatment would be suitable for you, please telephone the number above, or email:

[enhancedmaternity.enh-tr@nhs.net](mailto:enhancedmaternity.enh-tr@nhs.net)

Date of publication: November 2017

Author: A. Fignon, A. Bradburn

Reference: CTPD - add Version: 01

Review Date: November 2020

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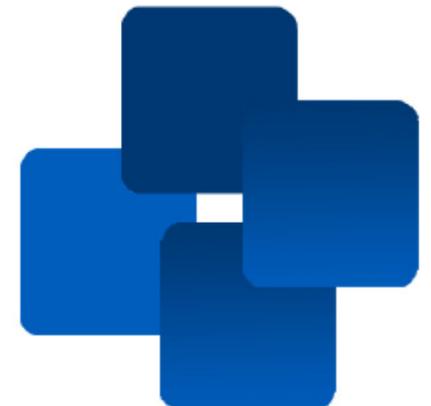
[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.

## Complementary Therapy Post-date Clinic



Diamond Jubilee Maternity Unit  
Lister Hospital



## Introduction

This leaflet is for women approaching their estimated 'due date' who are thinking about using complementary therapies to help start their labour naturally.

### What is the Complementary Therapy Post-date Clinic?

The Post-date Clinic is held at the Diamond Jubilee Maternity Unit as an additional service offering treatment sessions to women after their due date, which is thought to encourage labour to start naturally.

A midwife therapist, from our specially trained team of midwives, will perform a combination of techniques using acupressure, reflexology and aromatherapy massage (details of each of these is on the next page).

There is some evidence to suggest that the combination of techniques used may encourage the natural onset of labour, at or after the due date, and reduce the need for medical induction of labour.

### Can anyone use the service?

There is a charge for this additional service, which is currently available to women who are eligible to birth on the Midwife Led Unit. If you are booked to have your baby on the Consultant Led Unit for raised body mass index (BMI) or have been offered a medical induction due to maternal age, you may also be able to receive this treatment.

We can see you in this clinic from your due date at 40 weeks, but the optimal time for treatment is around 41 weeks. If you would like to discuss whether this treatment would be suitable for you, please contact one of our midwife therapists - contact details are on the back cover of this leaflet.

### What are the benefits of this treatment?

There is some evidence to suggest that this treatment may help you to go into labour naturally and therefore avoid a medical induction of labour. This complementary therapy is not invasive and no needles are used and, as this is not a medical procedure, you will not need to be monitored or have a hospital stay.

## Are there any risks?

The safety of you and your baby are very important to us. The techniques used in these treatments are safe for both you and your baby. A few women may experience minor skin irritation or sensitivity to the essential oils, however, we will ask about any allergies or sensitivities before starting your treatment to reduce this risk.

Not everyone who has this treatment will go into labour on their own so you may still need to come in for your labour to be induced medically. This would usually happen between 12 and 14 days after your due date. Please see the 'induction of labour' leaflet for details regarding this or speak to your midwife.

### What will happen at my appointment?

You will need to bring your maternity notes with you to your appointment and wear loose comfortable clothing - you will not need to undress. It is beneficial to come along without children so that you can relax thoroughly and gain maximum benefit from the treatment.

Your midwife therapist will tailor the treatment to your individual needs, which would usually include a combination of the following techniques:

**Acupressure** - The midwife will apply finger or thumb pressure to specific acupressure points on your body (usually hands, shoulders and inner leg). This is thought to stimulate the correct hormones to encourage the start of labour.

**Reflexology** - The midwife will give you a relaxing reflexology treatment by applying pressure to certain points on the feet. This can both relax you and stimulate the pituitary gland, which is thought to help encourage the start of labour.

**Aromatherapy** - The treatment will finish with a foot massage using a blend of essential oils which are known to help with birth preparation.

You will be given the remainder of the aromatherapy blend to take home with you and also an information sheet detailing the acupressure points, so you can continue to stimulate them when you get home.