

No Food, No Drink During Labor? NO WAY!



HOW LONG DO YOU USUALLY GO

WITHOUT EATING?

WHAT IF YOU HAD TO GET THROUGH
**A 16 OR 24 HOUR
CHILDBIRTH?**



Restricting food and drink for laboring women is common.
One large survey¹ of U.S. women who gave birth showed:

40% drank fluids
20% ate

So why are there restrictions?



Fear of medical complications from stomach contents is still common among health care professionals. **But what does the evidence say?**
A 2013 research analysis of 3,000+ women found:



NO EVIDENCE to support restrictions on what you eat or drink in a typical labor.



Restrictions may mean a longer and more painful labor for you.



True or False?

YOUR STOMACH IS

NEVER ACTUALLY EMPTY

EVEN IF YOU DON'T EAT OR DRINK²

SO DON'T TOSS THAT APPLE...

Labor is hard work! You need a good fuel source to **power** through it. Eat what appeals to you... and drink plenty of water!



SHOW ME THE....EVIDENCE!

Will you face restrictions in your labor?
Make sure you're getting quality, evidence-based care:

1

Learn more about preparing for labor in a **Lamaze childbirth education class**

2

Ask if your **care provider or center** routinely restricts eating and drinking during labor

3

If you don't agree with the restrictive policies, **consider switching your provider or your place of birth**

4

If there is a **restrictive policy**, ask to see the evidence that your care provider is using!

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE.
VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.



¹ Declercq, E.R., Sakala, C., Cory, M.P., Applebaum, S., Herrlich, A. (2013, May). *Listening to Mothers III: Pregnancy and Birth*. New York: Childbirth Connection. Retrieved from http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf

² Singata, M., Tranmer, J., Gyte, G.M.L. (2013). Restricting oral fluid and food intake falling on labor. [Abstract]. *Cochrane Database of Systematic Reviews*, Issue 8. Art. No.: CD003930. <http://summaries.cochrane.org/CD003930/eating-and-drinking-in-labour>