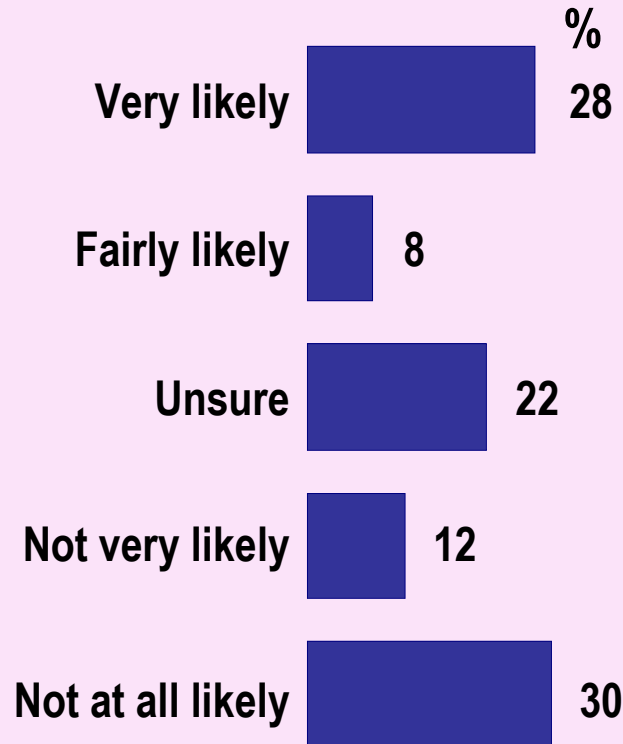


TENS machines

Survey Question:

“How likely do you think you will be to arrange a TENS machine for your labour?”



Information about the survey:

- 26% of mums we have surveyed say that their Tens Machine was the most useful item they owned for childbirth.
- Tens stands for ‘Transcutaneous Electrical Nerve Stimulation’. A TENS machine is basically a small box that transmits small electrical pulses to specific areas on your back via small adhesive pads placed on your body (usually 4). The theory behind TENS machines is that the electric pulses cause your body to release natural chemicals (endorphins) that counteract the pain of contractions and birth.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Tens machine advice	www.babyworld.co.uk/information/birth/pain_relief/common_forms_pain_relief.asp
Tens machine advice and explanations	www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/tens/?_requestid=1810141
Tens machine hire and buy online	www.tens.co.uk
Tens machine – purchase online (NCT)	www.nctms.co.uk
Tens machine hire and buy online	www.tens-hire.co.uk

Survey Stats	
Date of survey	September 2006
Number of mums surveyed	210
Type of mums surveyed	Pregnant women