

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**

WITH NO FOOD OR DRINK?



RESTRICTING FOOD AND DRINK DURING LABOR IS COMMON

One large survey¹ of U.S. women who gave birth showed:



40% DRANK FLUIDS

21% ATE FOOD



YOUR STOMACH IS ACTUALLY NEVER EMPTY EVEN IF YOU DON'T EAT OR DRINK³



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 2017 research analysis of almost 4,000 women found:²



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.

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 birth place** 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!

VISIT WWW.LAMAZE.ORG TO LEARN MORE.

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¹ Declercq ER, Sakala C, Corry MP, Applebaum S, Herrlich A. Listening to MothersSM III: Pregnancy and Birth. New York: Childbirth Connection, May 2013.

² Ciardulli, A., Saccone, G., Anastasio, H., & Berghella, V. (2017). Less-Restrictive Food Intake During Labor in Low-Risk Singleton Pregnancies: A Systematic Review and Meta-analysis. Obstet Gynecol.

³ 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>