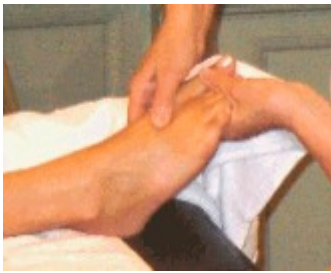




Expectant Parents' Complementary Therapies Consultancy

## Finding a complementary therapist for pregnancy and labour



You may already have used complementary therapies before you became pregnant, or you may wish to use them to help you relax & provide alternative ways of coping with pregnancy discomforts. Some maternity units offer therapies such as reflexology, aromatherapy or massage, particularly in labour: about 34% of midwives use complementary therapies. Some GPs offer homeopathy or acupuncture but it's rare for hospital obstetricians to use any therapies personally, although they will usually support your wish to use complementary medicine.

If you want to consult a private therapist it's important to find someone who's experienced in treating pregnant mums. Don't rely on Yellow Pages - "word of mouth" is always a good recommendation - or ask your doctor or midwife if they can suggest someone locally. You may prefer to consult a therapist who is also a midwife, nurse or doctor. Before your first appointment, ask about the therapist's qualifications & insurance, & find out how many pregnant women they've treated. Also ask if they will inform your midwife or GP about any treatment they provide during your pregnancy. You may find an Expectancy Registered practitioner on [www.expectancy.co.uk](http://www.expectancy.co.uk) or see [www.c-m-f.co.uk](http://www.c-m-f.co.uk)

**Always inform your midwife or doctor if you're receiving complementary therapies during pregnancy**, even if it's only for relaxation, or if you want to use natural remedies at home, including aromatherapy oils, herbal remedies eg raspberry leaf tea or homeopathic medicines such as arnica. Check that there are no medical reasons to avoid complementary therapies or natural remedies.

If you want to be accompanied in labour by a private therapist eg aromatherapist, reflexologist or doula, ask your midwife *early* in pregnancy to arrange this. The therapist will probably need to produce evidence of professional insurance cover & may be required to sign a form acknowledging that the midwife and/or doctor remains responsible for your overall care. If you want to use your own remedies eg essential oils, flower remedies, herbal medicines, discuss it with your midwife before labour.

Leaflet written by Denise Tiran, Expectancy's Director, and intended as a general guide only