

TENS machines

Transcutaneous Electrical Nerve Stimulation (TENS) is an efficient form of pain relief for labour, with no known side effects.



TENS works by passing mild electrical impulses across the skin, into the nerve fibres via electrode pads. This helps to reduce the number of pain signals that are sent to the brain by the spinal cord, whilst also stimulating the body to produce more of its natural painkillers called endorphins.

Electrode pads are taped onto your back and connected by wires to a small battery powered stimulator, you then control the small safe amount of currents that passes through the pads, to increase or decrease the sensation at the site of the electrodes.

If you would like to use a tens machine for pain relief in labour, you can choose to hire your own unit or alternatively we have several units on the labour ward for your use. If you wish to use the units tens machines you will need to purchase a set of four self-adhesive pads from the internet or stores, which are compatible with femme tens units, pad size 40mm x 100mm.

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Antenatal information



01935 384 350
Yeovilhospital.nhs.uk

Antenatal Day Care Assessment Unit

The unit provides assessment and monitoring for women over 20 weeks gestation with specific pregnancy related complications. The unit is led by midwives, supported by obstetricians in what is known as a “multidisciplinary” team, and provides assessment and monitoring for women over 20 weeks gestation with specific pregnancy related complications.

The day care assessment unit can be found in the Women’s Hospital. We provide a high quality, co-ordinated service to ensure continuity of care. Women will be assessed, provided with an individual plan of care and monitored as an outpatient where appropriate.

If you are under 20 week’s gestation, please contact your GP or community midwife.

Opening hours:

8.30am to 4pm on Monday-Friday. Please contact labour ward on 01935 384350 if you need to attend the unit. All women who attend the clinic need to bring their hand-held maternity notes.

This can be a very busy unit, please be patient with

us if it takes a while to ensure you receive the best care. It is useful if you do not bring a lot of visitors with you as the space is small. Your partner is of course very welcome.

What you can expect when you arrive

This is an appointment based service and you will be given a time to be seen between 8.30am and 4pm. On arrival you will be assessed by a midwife, who may involve a doctor in the consultation if appropriate.

The assessment could include:

- Observations
- Monitoring your baby’s heart rate
- Laboratory specimens
- Emergency scans (if necessary)

Antenatal classes

Aquanatal

Congratulations on your pregnancy. Do you want to improve your fitness or perhaps just meet other mums and make friends? Then come and join us at Aquanatal Classes

Every Sunday 5pm-6pm at Goldenstones Swimming Pool in Yeovil. The sessions are run by qualified midwives. There is no need to book sessions, if attending for the first time please arrive earlier to meet the midwives. Call 01935 845 888 for further details.

Preparation for birth and parenthood

To help you prepare for labour and birth we offer a full day Antenatal Class for you and your partner, on a Saturday in The Academy at Yeovil Hospital, 9.45am until 4pm.

During the day there will be time to meet other parents-to-be and ask the midwives any questions you may have.

Topics include, labour and coping strategies, pain relief, birth, skin to skin, feeding your baby, baby care, the role of the Health Visitor and support available from the Children’s Centres and much more.

You may also wish to book a tour of the maternity unit, tours are every Sunday at 2pm.

To book your class and tour phone 01935 384 303 between 9.30am and 5pm Monday to Friday. Book by 25 weeks.