



### **Cervical Anesthesia, PCB**

Paracervical blockade, PCB, is a syringe with drugs that numb the cervix. PCB blocks nerves that send the pain signal. It fits well when the birth is fast, before it is time to shake. PCB is a medical method. The pain is relieved with the help of medication.

#### ***This is how the treatment works***

Before you receive the anesthesia, the staff checks that the child is well.

The doctor or midwife inserts a syringe through the vagina and injects anesthetic at the cervix. You may feel a stabbing pain from the needle and that it tenses when the anesthetic is injected.

When you get the syringe, you have to lie with bent legs wide apart, usually with the legs in leg supports.

After you have received the anesthetic syringe, it is common for there to be a break in the labor for maybe ten minutes. When the pain then returns, the nerve that sends pain signals is blocked. The peak of the pain becomes less intense. The pains are then usually easier to put up with.

#### ***How does pain relief work?***

PCB is a drug that numbs the nerves found in the cervix. PCBs are also called cervical anesthesia.

#### ***What other pain relief can I combine with?***

PCBs can be used as the only pain relief. It can also be combined with nitrous oxide , massage , sterile pads , tens and acupuncture .

#### ***When during labor is the pain relief best?***

PCBs provide pain relief when the cervix is moving and opening. It is not possible to apply the anesthesia if the cervix has opened completely. The anesthesia often works well when the birth is very fast. Maybe if you are a midwife.

PCBs can be an option if you are in great pain and if it takes too long to get a spinal anesthesia. It can be good if you are open 7-8 cm and you guess that you can start shaking within an hour.

The anesthesia often gives a break in the delivery so that you can rest before it is time to shake.

#### ***How long does the pain relief work?***

The effect lasts for one to two hours. You can get new syringes if needed.

#### ***Advantages of PCB***

The advantage of PCBs is that the effect comes almost immediately.

#### ***Disadvantages and side effects***

Most of the time, the water needs to have gone for you to be able to get PCBs. This is so that the child can be monitored in the best way, but an electrode on the head.

Because the anesthetic is placed near the child, there is a risk that the child's heart rate will drop for about ten minutes. The staff knows that. They monitor the baby's heart sound and check that everything is as it should be.

When the staff controls the baby's heart sound with a CTG device, you cannot move completely freely.

#### ***When is the treatment inappropriate?***

It is inappropriate to use a PCB if the baby has shown signs of being affected by the birth. This could be, for example, if the baby has pooped in the amniotic fluid.

The anesthetic is also inappropriate if you are allergic to local anesthesia. It is very unusual to be allergic to local anesthetics.

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