

## **Listening 2 – Pain relief**

**JANICE** Hello, my name's Janice.

**KAREN** Hello, Janice. I'm Karen.

**JANICE** Hi, Karen. Boy or girl?

**KAREN** A boy. And yours?

**JANICE** A girl.

**KAREN** Lovely. I think we gave birth at the same time last night, didn't we?

**JANICE** Yes. I heard you.

**KAREN** Was I making so much noise? Well, it was the pain.

**JANICE** Didn't you have any pain relief?

**KAREN** Oh yes. I had Janiceust gas and air at first. It does relieve the pain a bit, but the effect wears off very quickly. It makes you feel so light-headed if you have too much. It made me feel sick too. Anyway, when the pain became unbearable, I had an epidural.

**JANICE** Did that help you cope with the pain?

**KAREN** It took away the pain completely! My whole lower half went numb! It was great. How about you?

**JANICE** This was my third, so the pain was easier to bear. I did breathing exercises. I decided to have gas and air if the pain got worse, but I didn't need it. I had an epidural last time, but I didn't like losing all sensation. This time I wanted to feel the birth.

**KAREN** I'm sorry, Janice – I think you must be mad.