

# Medicamentos para el trabajo de parto y el parto

## ¿Necesito medicamentos para el dolor?

Cada mujer experimenta el trabajo de parto y el parto de manera diferente. Hay muchos factores que influyen en el dolor que puede sentir, estos incluyen:

- El tamaño y la posición del bebé
- La intensidad de las contracciones
- Su propia tolerancia al dolor

El primer paso para controlar el dolor es informarse sobre sus opciones y hacer un plan tentativo con su proveedor de atención médica. Pero manténgase flexible. Las circunstancias del nacimiento de un bebé pueden ser impredecibles.

Es posible que no necesite ni desee los medicamentos para el dolor. Algunas mujeres dan a luz sin necesidad de recibir medicamentos para el dolor. Ellas manejan las intensas sensaciones del parto de otras maneras, por ejemplo con ejercicios de respiración y relajación, hipnosis y masajes. A menudo, a estos métodos se les llama parto "natural". Si usted desea dar a luz sin recibir medicamentos, es importante que aprenda y practique las técnicas de parto natural antes de ingresar al hospital para dar a luz.

Usted puede cambiar de parecer durante el trabajo de parto. El trabajo de parto, a menudo, duele más de lo que puede prever. Cambiar su decisión acerca del alivio del dolor no es un signo de debilidad. Algunas mujeres descubren que los medicamentos para el dolor las ayudan a sentir que tienen un mayor control y que están menos cansadas durante el parto. Los médicos a veces recomiendan los medicamentos para el dolor para ayudar a que progrese el trabajo de parto o en el caso de que surjan complicaciones.

## ¿Cuáles son mis opciones?

Los dos tipos principales de medicamentos para el dolor que se utilizan en el trabajo de parto y el parto son los analgésicos y los anestésicos.

- **Los analgésicos**, como los opiáceos (por ejemplo, fentanilo o morfina), son medicamentos que ayudan a aliviar el dolor. Pueden disminuir el dolor durante el trabajo de parto y el parto, pero no lo eliminan por completo. También pueden reducir la ansiedad y la ayudan a relajarse. No es posible administrar analgésicos en el momento del parto.



- **Los anestésicos** son medicamentos que pueden bloquear la mayoría de las sensaciones, incluido el dolor. Según el modo y el lugar en que se suministran, pueden actuar sobre un área o región específica del cuerpo o sobre todo el cuerpo.
  - **Las anestésicos locales**, como la lidocaína, actúan sólo sobre un área específica del cuerpo.
  - **Los anestésicos regionales** como los bloqueos epidurales y raquídeos, actúan en áreas específicas del cuerpo. Estas opciones pueden utilizarse para tanto el parto vaginal como las cesáreas. El bloqueo epidural es la opción más común ya que no la hace sentir sueño y puede utilizarse durante el trabajo de parto y en el momento del parto.
  - **Los anestésicos generales** bloquean casi todas las sensaciones incluyendo el dolor, y hacen que usted pierda el conocimiento por completo. Sólo se utilizan en caso de emergencia debido a que tienen más riesgos que los anestésicos regionales.

Cualquier clase de medicamentos para el dolor puede afectar su trabajo de parto y a su bebé, aunque la mayor parte de estos efectos son transitorios. Utilice el cuadro a continuación para obtener más información y hable sobre las opciones con sus proveedores de atención médica.

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**A Gutmann**



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