# No Food, No Drink During Labor? **NO WAY!**



## WHAT IF YOU HAD TO GET THROUGH A 16 OR 24 HOUR CHILDBIRTH?

Restricting food and drink for laboring women is common. One large survey<sup>1</sup> of U.S. women who gave birth showed:



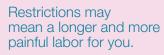
#### So why are there restrictions'

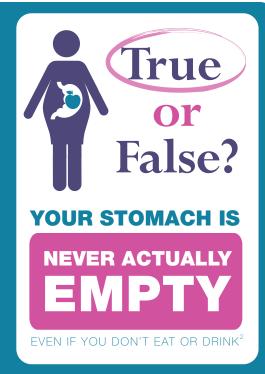


Fear of medical complications from stomach contents is still common among health care professionals. But what does the evidence say? A 2013 research analysis of 3,000+ women found:



**NO EVIDENCE** to support restrictions on what you eat or drink in a typical labor.





### SO DON'T TOSS THAT APPLE...



#### PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE. VISIT **WWW.LAMAZE.ORG/PUSHFORYOURBABY** TO LEARN MORE.

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- 1 Declercq, E.R., Sakala, C., Corry, M.P., Applebaum, S., Herrlich, A. (2013, May). *Listening to Mothers III: Pregnancy and Birth*. New York: Childbirth Connection. Retrieved from http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III\_Pregnancy-and-Birth.pdf
- 2 Singata, M., Tranmer, J., Gyte, G.M.L. (2013). Restricting oral fluid and food intake falling on labor. [Abstract]. *Cochrane Database of Systematic Reviews*, Issue 8. Art. No.: CD003930. http://summaries.cochrane.org/CD003930/eating-and-drinking-in-labour