



The Epidural Book

Richard Siegenfeld

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The majority of women giving birth in the United States receive an epidural during labor and delivery; many others receive a spinal block. *The Epidural Book* fully explains anesthesia used during labor and vaginal delivery or C-section, with an emphasis on epidurals.

Dr. Richard Siegenfeld answers pregnant women's questions, including • Who administers epidurals and spinal blocks and when? • How does anesthesia affect both the mother and the baby? • Under what circumstances should a woman avoid an epidural? • What happens during the recovery period? • What problems can arise?

Written by an experienced anesthesiologist, *The Epidural Book* is lighthearted and informative. This easy-to-read guide helps an expectant mother prepare for her all-important day.

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