

## After complementary therapies treatments.

Following any kind of complementary therapies treatment, it is important to remember to stay well hydrated. The treatments may make you feel very relaxed and you should allow yourself to feel this. Dreams may be more vivid than usual, this is common. You might also feel you have more energy following a treatment, which may improve ability to cope with signs of labour.

Any severe reactions should be noted, and midwife informed.

Should you have any concerns following the treatments please call our **MAMAS line 0300 013 2004**

For a translation of this leaflet or for accessing this information in another format:

Large Print



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

Telephone: 0300 613 6530  
Email: fhft.palsfrimleypark@nhs.net

**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365  
Email: fhft.palswexhampark@nhs.net

**Frimley Park Hospital**

Portsmouth Road, Frimley, Surrey, GU16 7UJ

**Heatherwood Hospital**

London Road, Ascot, SL5 8AA

**Wexham Park Hospital**

Wexham, Slough, Berkshire, SL2 4HL

**Hospital switchboard:** 0300 614 5000

**Website:** [www.fhft.nhs.uk](http://www.fhft.nhs.uk)

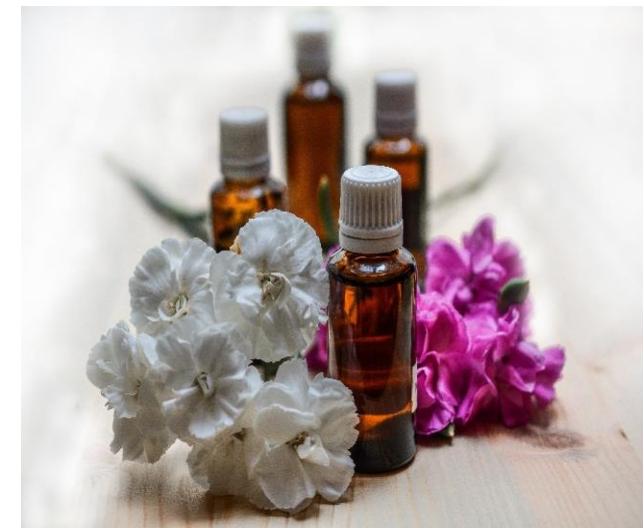
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<b>Author</b>	Leanne Boyce, Fearne Meehan	
<b>Dept.</b>	Obstetrics and Gynaecology	
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### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

Maternity

## Complementary Therapies Clinic for Prolonged Pregnancy



Information for patients,  
relatives and carers

## **What is Complementary Therapies Clinic?**

The complementary therapies clinic for prolonged pregnancy or sometimes referred to as 'Post-dates Clinic', is an additional service to those deemed suitable, who have reached or are just past their estimated 'due date' and may wish to avoid the formal induction of labour. The service offers a combination of treatments that are suggested to encourage the natural onset of labour and is run by a team of midwives who are specially trained in providing these techniques.

The complementary therapies offered are aromatherapy, acupressure, reflexology and massage, which can be tailored to suit individual needs.

## **Who can use the service?**

You will be able to attend this clinic if you have reached your estimated 'due date', have a singleton pregnancy with no underlying medical or pregnancy related complications.

## **Where is the clinic held and how do we book on to the clinic?**

The complementary therapies clinic will be held on the Birth Centre or in Midwifery Community hubs. If deemed suitable, the clinic will be discussed with you by your midwife or obstetrician. If you would like to attend, an appointment will be booked for you.

## **What will happen during my appointment?**

When you attend your appointment, you will receive a routine antenatal checkup and your midwife will discuss with you your individual needs and which treatments may be beneficial. You will also be offered an optional stretch and sweep.

The treatments may include: -

Acupressure, this is where your midwife will apply firm even pressure to three specific points located on your hands, ankles and shoulders. This is thought to stimulate your spleen, large intestine and gall bladder and encourage labour hormones.

Aromatherapy, this will involve discussing the essentials oil that are blended together to provide a soothing massage on either your hands or feet. Certain oils are suggested to help stimulate uterine action. If preferred, we can also offer revitalizing or relaxation blends of oils. If you have had any previous reactions to essential oils, we can also offer a relaxing massage using just a carrier oil.

The appointment provides a calming environment, and it is recommended to wear comfortable clothing to help you relax.

## **What are the benefits of attending this clinic?**

This service may offer you more choice if you are approaching your 'due date' and considering ways that may help start your labour. There is evidence to suggest that

these complementary therapies may help you go into labour naturally, reduce pain and anxiety and lower the need for a medical induction of labour.

The appointment gives you time to unwind and relax and offers you the opportunity to ask any further questions regarding your labour and after care with the midwife.

## **Are there any risks to me or my baby?**

Although, the treatments are safe for both you and your baby, there are some precautions and not all treatments are suitable for everyone. These will be discussed between you and the midwife at your appointment, and they will tailor your treatments to your needs.

There may be a chance that even after attending the clinic you might not go into labour naturally, and therefore be offered a medical form of induction. You will be able to discuss this with your midwife.