

Do you have any
more questions?

Please send an e-mail to info@happychildbirth.com
or consult the website for more information:
www.dianatal.com

Ingredients:

Each disposable syringe with 11 ml of Dianatal® Obstetric Gel
contains: Propylene glycol, Carbomer, Hydroxyethylcellulose and
purified water.

Contents:

Dianatal® Obstetric Gel Set

Sterile disposable syringes with 11 ml of Obstetric Gel:
2 syringes Dianatal® Stage I: white plunger
1 syringe Dianatal® Stage II: blue plunger
2 Dianatal® Obstetric Gel applicators

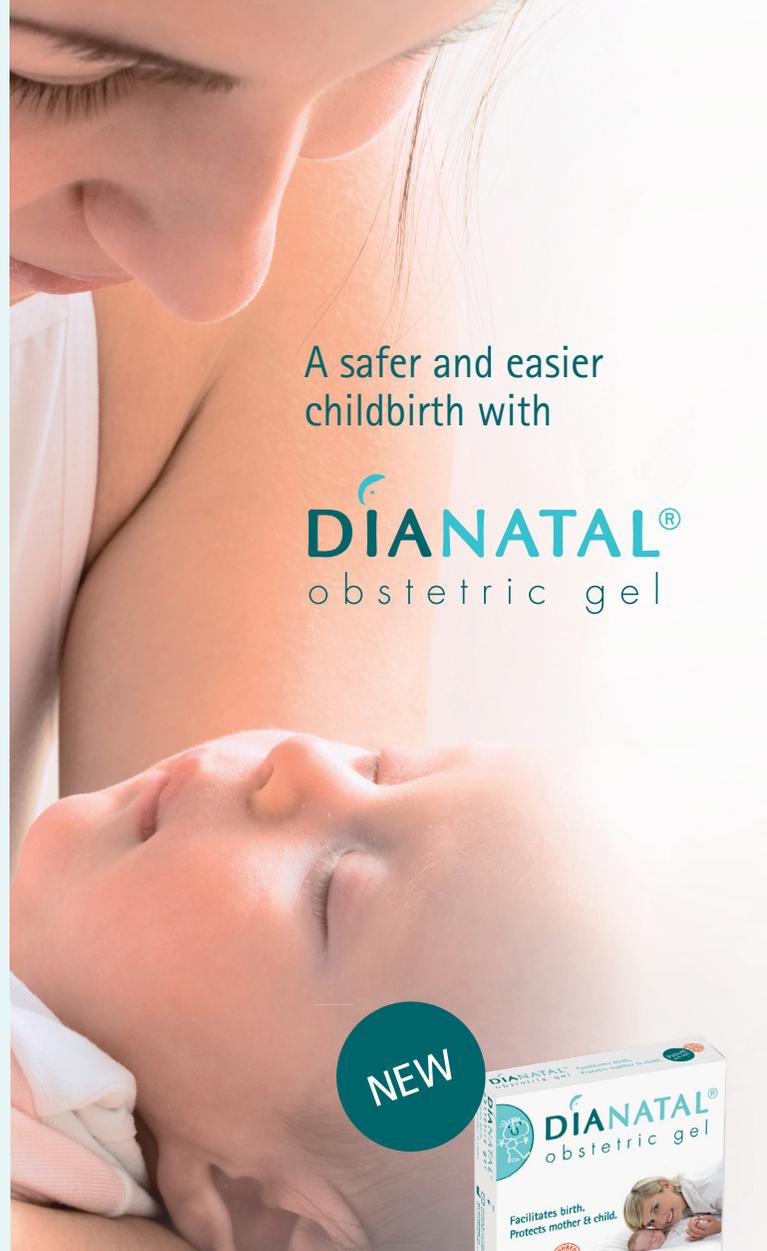
European Classification:

Medical Device Class IIa CE 0197

International trade rights:

HCB Happy Child Birth AG, Switzerland

HCB



A safer and easier
childbirth with

DIANATAL®
obstetric gel

NEW



Facilitates birth
Protects mother & child

**Now with extra supplement:
Tips for pelvic floor exercises**

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Why Dianatal® Obstetric Gel?

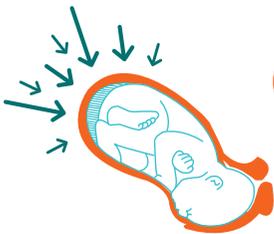
The process of childbirth is divided into two stages. During the first stage, the dilation stage, the uterine cervix opens. When the cervix is fully dilated (10 cm), the so-called expulsion stage (second stage) starts.

With every vaginal birth, the mother has to expend a great deal of energy in order to deliver her baby.

If the delivery takes a long time, the energy levels of both the mother and the unborn baby drop noticeably.

Although the baby is surrounded by amniotic fluid and sebum (vernix caseosa), the baby does not glide easily through the birth canal due to the friction between the vagina and the baby.

Static friction during
contractions



Dynamic friction during
expulsion



The friction between the baby and the vaginal wall is very high, but this can easily be reduced with a sterile Obstetric Gel: Dianatal®.

This discovery was made by Swiss obstetrician Dr. Schaub from Zürich in 2002. Initial studies at the Swiss Federal Technology Institute indicated that the use of the specially developed Obstetric Gel reduced various levels of friction by over 50%. Data from subsequent clinical trials in different obstetric centres demonstrate that the duration of the delivery can be considerably shortened.

During the expulsion stage, the vaginal tissue or the perineum may tear spontaneously. This occurs in approximately 45% of all births. In certain situations the midwife or obstetrician will normally try to prevent uncontrolled tearing by making a small cut in a safe direction. However, it is not always possible to prevent tearing.

The research also showed that the incidence of perineal tearing was reduced considerably when Dianatal® Obstetric Gel was used.

If the expulsion stage takes too long, it may be decided to use a vacuum pump or a forceps to aid delivery. The obstetrician is the only person who can take this decision.



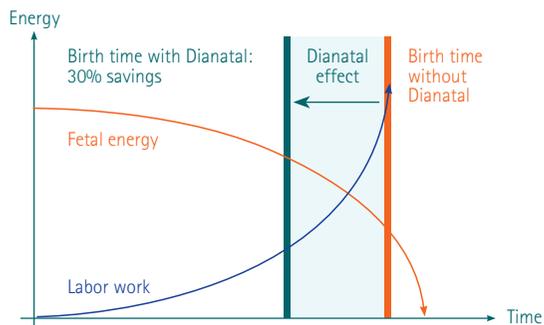
How does Dianatal® Obstetric Gel work?

Dianatal® Obstetric Gel is introduced into the vagina by the obstetrician or midwife from the moment of the first vaginal examination, or if the waters have broken and all the amniotic fluid has been discharged. A special applicator is used so this is not unpleasant for the mother or for the unborn child.

The sterile Dianatal® set contains different compositions of the gel, which can be applied by the obstetrician or midwife several times during dilation or expulsion.

The gel forms a smooth bioadhesive film on the vagina, which serves to reduce friction. In nulliparous women, Dianatal® Obstetric Gel was found to shorten the expulsion stage by 30% (26 min.) and also to shorten the total duration of the birth by 30% (106 min.)¹⁾

Dianatal® obstetric gel – key effect



Dianatal® obstetric gel – added benefit:
Perineum protection (not visualized)

Dianatal® also aids and eases deliveries for which a vacuum pump or forceps are used.

Dianatal® therefore makes childbirth safer, faster and more comfortable. The unborn child and the vagina, pelvic floor and perineum of the mother are protected. The baby glides out of the vagina more easily.

Dianatal® has been developed in Switzerland especially for the facilitation of vaginal births. It is the only authorized Obstetric Gel.

1. Obstetric Gel shortens Second Stage of Labor and Prevents Perineal Trauma in Nulliparous Women: a randomized controlled trial on labor facilitation. Schaub AF, Litschgi M, Höslü I, Holzgreve W, Bleul U, Geissbuehler V., Journal of Perinatal Medicine 36 (2008) 129-135





Does the use of Dianatal® Obstetric Gel carry any risks?

Dianatal® Obstetric Gel has purely physical effects. It contains no pharmaceutical ingredients and is not absorbed by the body. Intensive tests have been carried out to assess the tolerance and safety for mother and child (vaginal tissue, skin, eyes, nose and mouth).

Dianatal® is sterile, contains no preservatives, is latex-free and is hypoallergenic. Up to now no side effects or interactions have been reported in connection with the use of Dianatal® Obstetric Gel.

How can I use Dianatal® Obstetric Gel when I have my baby?

You should inform your physician and/or midwife that you desire to use Dianatal® Obstetric Gel when you have your baby.

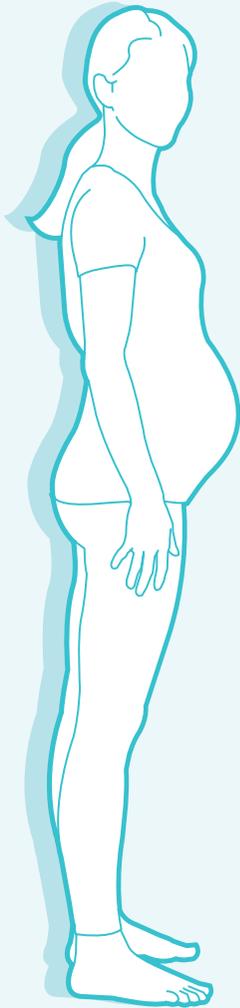
Is Dianatal® covered by my medical insurance?

In the case of many innovative products, medical insurance companies do not immediately agree to pay for a new option. Contact your insurance company to verify whether they cover the costs.

Where can I get Dianatal® Obstetric Gel?

Dianatal® Obstetric Gel can exclusively be bought in pharmacies, physician and midwife offices and in hospitals (including birth clinics). Please see the order form on page 15. *Do not wait until the very last moment! Instead, put your Dianatal® set into your bag readily packed for birth.*

Pelvic Floor Fitness



The pelvic floor

During pregnancy the pelvic floor is placed under great hormonal and static pressure. Under the influence of the hormone relaxine, the pelvic floor muscles relax to make the coming birth easier. The increased weight of the mother during pregnancy also puts extra pressure on the pelvic floor.

The best course of action is to train the pelvic floor even before the start of the pregnancy in order to reduce the risk of bladder dysfunction such as urinary incontinence. The pelvic floor has an important function during childbirth. The tissue has to be as relaxed and elastic as possible so that the baby can glide smoothly out of the birth canal. It is therefore important to become aware of the pelvic floor muscles during pregnancy and to learn how to activate and relax these muscles. This is why pelvic floor exercises are recommended for pregnant women. In the final trimester the emphasis is placed on awareness and relaxation of the pelvic floor.

These exercises are useful not only during but also after the birth. The pelvis and the pelvic floor should be allowed to rest for the first few days, but after that it is important to begin with the exercises as soon as possible.

Good pelvic floor control not only makes childbirth easier but can also reduce possible consequences such as (stress) urinary incontinence and the prolapse of the bladder, womb or intestines.

Pelvic floor exercises during pregnancy

Exercise

Awareness exercises using imagination (figure 1)

- Imagine that you need to break wind. Try to hold this back.
- Imagine that you have a tampon in your vagina and that you are pulling on the cord. Try to hold the tampon in your vagina.

The aim of these two exercises is to discover which muscles you are trying to activate. What you can feel are your pelvic floor muscles. Now try to tighten these muscles consciously. Tightening the pelvic floor muscles entails closing the urethra, vagina and anus and pulling these inwards and upwards. Breathe out at the same time.

Then loosen and relax the muscles as you breathe in. You can do this exercise at any time of day.

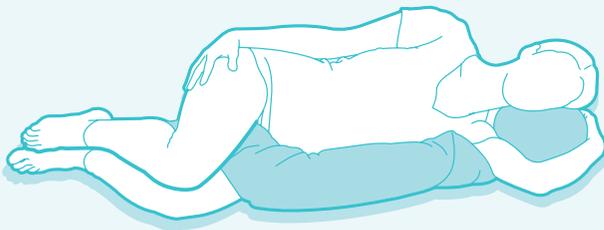


Figure 1
Becoming aware of your pelvic floor

Pelvic floor exercises during pregnancy

Exercise

Pelvic floor control (figure 2)

Sit on a chair with your fingers under your buttocks so that you can feel both seat bones. Tighten your pelvic floor muscles so that you can feel the movement with your fingertips.



Figure 2
Perception, feeling pelvic floor activity with your hands

Pelvic floor exercises after the birth

After the birth, the centre of gravity of the mother's body shifts due to the change in weight distribution. The young mother has to rediscover her sense of balance.

The pelvic floor is weakened and slightly traumatized in the first weeks after the birth, and muscle strength has to be regained gradually and deliberately. The control over the pelvic floor muscles often has to be relearned and practised.

Exercise

Awareness of pelvic floor (figure 1)

See pelvic floor exercises during pregnancy.

Exercise

Pelvic floor activation (figure 3)

Adopt a comfortable position as illustrated in figure 3, with your head resting easily on your hands. Breathe in deeply and concentrate on how the surface of your stomach expands when you breathe in and deflates when you breathe out. Then concentrate on your navel. As you breathe out, activate your pelvic floor muscles. Gently pull your navel towards your spinal column and then even higher towards your heart. As you breathe in, loosen up and relax the muscles. Repeat this exercise several times.

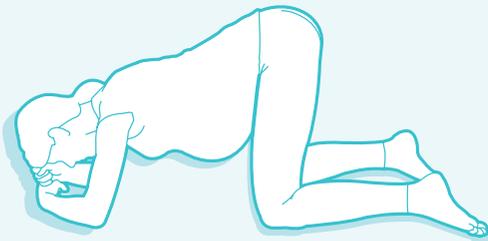


Figure 3
*Pelvic floor activation in a position
that relieves pressure on the pelvic floor*

Strengthening the pelvic floor

Move your pelvis in all directions. Tighten and relax the pelvic floor muscles rhythmically, if possible in the same rhythm as your breathing. Imagine that you are closing your urethra, vagina and anus, and breathe out simultaneously. Pull the pelvic floor inwards and upwards and pull the seat bones together firmly. Hold these muscles firmly tightened as you breathe in, and relax the muscles again completely as you breathe out. Repeat this exercise several times.

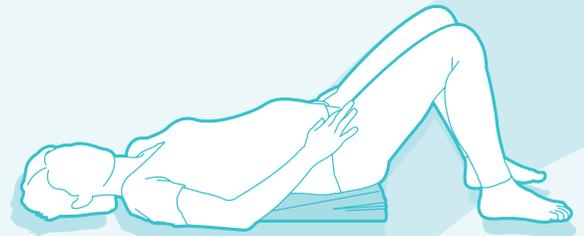


Figure 4
*Perception, feeling pelvic
floor activity with your hands*

Tips for the mother:

- Try not to lift anything except your baby for the first six weeks.
- Always tighten your pelvic floor muscles when you pick up your baby.
- Carry your baby close to your body.
- Stand close to the changing table when you change and dress your baby.
- Place the changing pad lengthways so that your baby is facing you, and try to tighten your stomach muscles. This also gives you better eye contact with your baby.
- Stand up from bed in a sideways position. Pull up your knees while tightening your pelvic floor muscles, then hang both lower legs over the side and stand up using your hands for extra support.

Ask your doctor or midwife if you have any questions on pelvic floor exercises.

Book: Schwanger sein – sanfter gebären.

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DIANATAL®
obstetric gel



Order form

NEW

Fill in and present this form to your pharmacist,
doctor or midwife.

Name

Address

Zip code

City

Phone number

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