



## Antenatal Information

### The BUMPES Study



**Oxford Research Ethics Committee B**  
**Reference: 09/H0605/114**

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This hospital is one of a group of hospitals taking part in the **BUMPES** Study. This study aims to find out what the best position is to give birth in for first time mothers who choose to have an epidural.

Women adopt many positions in labour including; sitting, kneeling, standing, leaning, and lying on an angled bed.

The **BUMPES** Study aims to find out whether giving birth in an “upright position” or a “lying down” position results in more first time mothers with an epidural being able to have a straightforward birth.

### **Who can take part in the study?**

All women having their first single baby who:

- are at least 16 years old
- are at least 37 weeks' pregnant
- are intending to give birth vaginally
- have a low dose epidural in place, during the first stage of labour, providing effective pain relief

### **What happens now?**

You do not need to do anything now.

You may be asked to consider taking part in the **BUMPES** Study. Your midwife or doctor will discuss the study with you, if you become eligible.



Examples of “upright” positions are:



Examples of “lying down” positions are:



## How do I get more information?

If you would like to see a more detailed leaflet, please ask a midwife at the antenatal clinic for one. Please ask your midwife or doctor if you would like to talk about the study.

You can also contact:

at this hospital on

You can also visit our website or contact the **BUMPES** Study Co-ordinating centre by phone or email.

### **BUMPES Study Co-ordinating Centre**

Clinical Trials Unit, BUMPES Study, UCL  
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