

Purple pushing

holding your breath pushing



Breath holding

Maternal effects → a closed pressure system in chest
↓ venous return, ↓ cardiac output, ↓ blood pressure.

Also ↑ in peripheral stasis of blood (head, face, arms and legs) → red face.

Reflex vasoconstriction in peripheral blood vessels can't overcome intrathoracic pressure → ↓ blood flow to the placenta.

Mother CO₂ levels ↑, → gasping for air, sudden ↑ in blood pressure → capillaries in face, neck & eyes bursting.

Foetal effects of purple pushing

Drop in maternal blood pressure →
↓ O₂ content in her arterial blood and
↓ blood flow to placenta →
↓ O₂ available to foetus (foetal hypoxia).

Rather follow your body and push as it tells you to



My body, my baby and I are working as a team

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