

**Abstract**

**Original Article**

**Restricting Oral Fluid and Food Intake during Labour: A Qualitative Analysis of Women's Views**

**Semiha Aydin Ozkan, PhD**

Assistant professor Adiyaman University School of Health Altinsehir District, Adiyaman, Turkey

**Merve Kadioglu, MSc**

Research Assistant Istanbul University, Florence Nightingale Nursing Faculty, Department of Women's Health and Diseases Nursing Abide-i Hurriyet Street Istanbul University Florence Nightingale Nursing Faculty, Sisli, Istanbul, Turkey

**Gulay Rathfisch, PhD**

Associate professor Istanbul University, Florence Nightingale Nursing Faculty, Department of Women's Health and Diseases Nursing Abide-i Hurriyet Street Istanbul University Florence Nightingale Nursing Faculty, Sisli, Istanbul, Turkey

**Correspondence:** Semiha Aydin Ozkan, Assistant professor Adiyaman University School of Health Altinsehir District, 3005 Street, No:13, 02040 Adiyaman, Turkey E-mail: semihaydin44@gmail.com

**Abstract**

**Aim:** This study aims to identify the effects of restricting fluid and food during labour on women.

**Methods:** The data obtained from the qualitative study were analysed using descriptive phenomenological analysis that focused on nutrition. Analysis of the open-ended questions was performed using content analysis method.

**Results:** Nutrition-related "experience" theme emerged from the findings in relation to the latent phase of dilatation stage. "Hunger, thirst, exhaustion and xerostomia" were the themes that emerged regarding nutrition in the active phase of dilatation stage. The theme "hot meals" was also brought up regarding diet in the early postpartum period (1 to 4 hours).

**Conclusion:** In conclusion, it was found that the participants indicated feelings of hunger, thirst and fatigue due to oral fluid and food intake restriction during labour, which affected the natural course of labour.

**Key words:** labour, food, fluid, restriction