

Labour Cocktail

- Put the following in ½ litre (2 cups) of water:
 - 1 cup (250ml) apricot, orange or pineapple juice
 - 3 tablespoons (45ml) castor oil
 - 2 tablespoons almond or peanut butter *
- Mix all together well and drink.
- Repeat every 5-6 hours if needed, maximum 3 times

* You can eat the almond or peanut butter off the spoon just before you drink the labour cocktail, if you prefer not to mix it in your drink.

*If you are having contractions, please talk to your midwife before taking another dose

*Please ensure you have electrolytes (such as gatorade) on hand to stay well hydrated as the cocktail can cause loose stools