**Supplementary Text document 1: Spinal anesthesia video commentary**

Good day.

We are offering you a spinal anesthetic for your operation today.

This video will explain what will happen.

You will sit on the bed and monitors will be attached to your chest, arm and finger. The cuff on your arm will become tight every minute to measure your blood pressure.

You will be given some antibiotics and some medicine to drink, to stop any heartburn or acid reflux.

To help the doctor give you the injection in your back, you must place your chin on your chest, bend your back outwards and relax your shoulders, as shown in this picture.

The doctor will wash your back; it will feel cold. A small injection will make the skin on the lower back go numb. This injection may sting a little.

A second injection will make your body numb and weak from your chest downwards over the next 10 minutes. If you feel any discomfort in your legs during this injection please tell the doctor immediately.

If you feel sick, dizzy, short of breath or cold, tell the doctors so that they can help you.

The surgeon will pinch your skin to make sure you cannot feel pain during the operation. You may feel a “pressing or pulling” sensation; this is normal.

After birth, baby will be taken to a warm table to be checked by the baby doctor and then brought to you for a kiss.

The baby will be kept in a warm bed or with your partner until your operation is finished.

The doctor will check the level of the numbness by spraying you with cold spray. You must tell them whether the spray is cold, warm or you cannot feel it.

Some people experience a mild headache after the operation that normally resolves with paracetamol.

The numbness and weakness lasts for a maximum of 6 hours. Prolonged numbness or weakness may be caused by bleeding from the injection or nerve damage, but this is extremely rare.

You have been carefully assessed by your doctor, and we believe this is the safest way for you to have your operation.

We will look after you carefully and be close by you for the whole operation. If you have any questions or concerns, please let one of the theatre team know. We are here to help you.

Patient description of her experience:

Yes I received the injection in my back so I did not feel the pain. And indeed I did not feel anything. I was able to see my baby and after I saw her she was placed on my chest. I was so happy to see my baby.