

Seven Cities Midwifery Care

757 740-0197 ❖ Midwives@SevenCitiesMidwifery.com

Before Setting Up the Birth Pool

You will need:

- A *hose*- a “drinking” quality hose is highly recommended. You will use this hose to **fill** and **drain** the birth pool. For this reason it is also recommended that the hose have no kinks.
- A *faucet adapter*- if you are not attaching to your washing machine hook up.
- A *thick drop cloth* for underneath the birth pool. If it will be placed on a cold floor, a thick blanket placed on the floor also can help maintain water temperature.
- A *large pot or container* for adding hot water as pool water cools.
- A siphon or dirty water pump can be helpful but not necessary for draining the tub.
- To **let the tub warm up before unfolding** and inflating- this can take 24 hours. PVC is brittle if not brought to at least 52 degrees.
- An aquarium fish net and a bathtub thermometer are also handy to have- but not required.

For Safety SAKE:

- Please keep children away from a filled tub.
- Do NOT use any heaters in or near this pool
- Do not use electrical appliances (including air pump) near the filled pool.
- Use electric air pump ONLY for inflating/deflating the pool- no draining/or starting suction of water with electric air pump.

To help maintain and avoid puncture of the pool please:

- Keep pets away from the pool, both in storage and when inflated. (Cats especially love to chew on the plastic- pool and liner)
- Prepare the floor where the pool will be, i.e. sand, vacuum, sweep thoroughly to remove sharp objects or surfaces.
- If the pool is going on a floor that might have jagged edges, be sure to cover the floor with a plastic sheet or cloth first.
- Take care when handling the pool. We advise against moving the pool between rooms when inflated to avoid unnecessary wear & tear.
- Remove jewelry prior to using the pool.
- Keep children’s (and sharp adult) toys away from pool.
- Do not sit on side of pool- other than the quick in and outs.
- Do not over inflate- a little “give” is a good thing.

Please do your best to return in the condition you received. If there is anything missing or damaged please let us know as soon as possible.

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To set up tub

1. Clear an area of at least 6 1/2 ft. X 6 1/2 ft. with space enough for your midwives to access you in the pool. Ideally, there would be space all around the pool.
2. After making sure the area is clear and free of any sharp objects or debris- spread out your drop cloth, blanket and/or tarp.
3. Stretch out birth pool and position as needed. Start inflating the floor first and then the walls. NEXT position disposable liner in tub. Continue to inflate the pool beginning with the lower (bottom) ring. You will work the liner into position as it inflates. Tighten all valves after inflating- careful not to over-inflate or over-tighten valves.
4. After the pool is inflated you can begin to fill the tub with water. It is usually best to begin with very warm (not boiling hot however) and cover while hot water heater is recovering in between fills. The tub will absorb some of the heat and help the pool stay warm. The water should cover mother's belly but allow room if more water needs to added later to warm the pool.
5. Be sure to "mix" water before entering pool. 95-100 degrees is the recommended temp. for water upon entering the pool. Higher temperatures can overheat mother and baby.
6. Enjoy!!!
7. When exiting pool- cover if possible to help keep water warm. Turn off any fans & close doors in room to preserve the warmth. Do not leave pool unattended with small children or pets present!!!
8. When finished drain pool and dispose of liner. Wipe down with antibacterial cleaner and let dry before deflating. Deflate with reverse air pump starting with the seat and floor. Then unscrew valves (you cannot use reverse air pump on valves) and let air out beginning with the bottom ring first using the air pump to get the remainder of air out. Fold up and place in the bag with pump in its case and store indoors until we can pick up. Extreme heat or cold can damage pool- please do not leave in car.

More information can be found about waterbirth at www.waterbirth.org