

## Labor & Birth Pool Set Up

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Below you will find basic instructions for setting up and taking down your labor & birth pool. If you have any questions, do not hesitate to contact us at [CustomerService@YourWaterBirth.com](mailto:CustomerService@YourWaterBirth.com).

### Hot Water Tank:

It is important that your hot water tank is turned up before you go into labor. You want to be certain that you will have LOTS of hot water for your pool, showers, and clean up. It is recommended that you turn your hot water tank up to 140°.

**Tip:** If waiting until 'labor day' to do the below steps—you need to allow at least one hour for pool to be ready for use. It is suggested that pool be inflated and cleaned prior to 'labor day', preferably RIGHT after you get it to check for factory flaws.

### Location For Pool:

Choose a place where you have:

1. privacy
2. you can walk around all sides—this way you can reach mom
3. water hose will reach from water source and water hose will reach to location of draining (bath tub, or outside through window or door)
4. where floor boards can support additional weight
5. where there will be room to get mom out and down on floor if needed



### Inflating and Cleaning Pool:

1. Slide pool from its box and allow to come to room temperature (12 hours) before inflating to prevent damage to pool.
2. Inflate bottom of pool to firm. You can place a folded blanket under pool for extra cushioning.
3. Inflate sides to very firm (should not sink when leaned on—test prior to birth) - but do not over inflate!
4. Wash pool if you wish. You can use warm soapy water or antibacterial soap. Rinse well. You can also rinse pool with a bleach solution - 1 tsp. chlorine bleach in 1 gallon of cold water. Rinse, drain and let air dry.

**Step 4 is best done outside where it is easy to empty pool and rinse several times.**

5. Repeat steps 4 if pool becomes soiled prior to use.



### Filling Pool:

1. A plastic liner on floor under pool will protect surface from water. Liner should extend 2 feet beyond the pool.
2. A large flat sheet or towels placed over plastic will prevent slips and will help absorb water.
3. Place pool over plastic liner.

### Attaching water hose to water source:

4. Remove aerator from kitchen faucet or shower head from shower pipe. Attach hose adaptor. Attach "Y" (opt.).
5. Attach hose firmly to "Y" or to adapter.
6. Fill pool to 1/2 full with 95° - 100° water. Adjust to mom's desired temperature and depth after she is in pool.
7. Have towels and bathrobe available for mom and old towels for the floor.

## Labor & Birth Pool Clean Up

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Your Water Birth .com has the largest variety of inflatable birthing pools in the US!

### Draining Pool:

1. Remove debris from pool with net as best you can.

**\* DO NOT PUT BIRTH WATER DOWN SEWER DRAINS OR INTO DITCHES \***

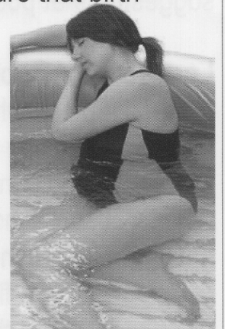
### With Electric / Battery Water Pump Method:

2. Attach garden hose to pump and place submersible pump in bottom of pool, transfer pump sits outside of pool.
3. Place draining end of hose where you wish water to go: bath tub, shower stall, garden, grass. Be sure that birth water goes to a place that people will not come into contact with it.
5. Plug electric pump in — turn battery pump on.



### With Hose Siphon Method:

2. Coil entire length of hose into the water in the pool. Be certain that all air leaves the hose.
3. Block one end of the hose with your hand to prevent air from entering and carefully lift from pool.
4. Extend to drain area: bath tub, shower stall, garden, grass. Be sure that birth water goes to a place that people will not come into contact with it.
5. Remove hand from end of hose and water should freely flow from the pool. Draining end should be lower than water level in pool to create siphon.



**OR—** Attach hose to outside faucet. Run water through hose to push out air. Turn off water and unscrew hose and let drain into yard.

**OR—** If draining into tub, push water through hose from tub faucet to push out air then drop to floor of tub to drain.

### Cleaning Pool:

You may want to do this outside.

1. Wash pool out with warm soapy water.
2. Rinse out pool and scrub pool with antibacterial solution, wiping all surfaces, inside and out.
5. Rinse out pool thoroughly. Completely air dry before folding and storing.



### Deflating Pool:

Your air pump can usually be used to help deflate the pool. Attach the hose to the “air outlet” and turn on. This will suck the air out of your pool.

### Reusing Birth Pool:

Your birthing pool can be reused for subsequent births if stored properly. Store your pool indoors and never let pool freeze as temperatures below 50° will make your pools very brittle. Clean pool as directed above.