

Water & Using the Pool in Labour

Information Leaflet

Who can use the pool in labour?

The pool can be used by anyone who is:

- ✓ Healthy and well in pregnancy
- ✓ Able to move around without difficulty
- ✓ Doesn't have any serious medical conditions
- ✓ At least 2 hours after taking the pethidine injection for pain relief



Pool Room in UHK

What are the benefits of using the pool in labour?

- ✓ It is safe to use in labour
- ✓ It can help with pain during contractions
- ✓ It is a relaxing, comfortable environment
- ✓ You can eat and drink as normal
- ✓ Your midwife will check the baby's heartbeat regularly
- ✓ It can be used before or instead of getting other pain relief such as an epidural
- ✓ You can use the gas & air (Entonox) in the pool
- ✓ You can move around in different positions to help the baby through the pelvis
- ✓ Many women have very positive experiences of using the pool in labour

What should I bring to use the pool in labour?

- ✓ Something light and comfortable to wear:
Some women and pregnant people choose to wear a bikini, tankini or t-shirt
- ✓ Non-slip shoes or flip-flops
- ✓ A large towel or dressing gown
- ✓ A hair tie or hair band if you wish

How long would I use the pool for in labour?

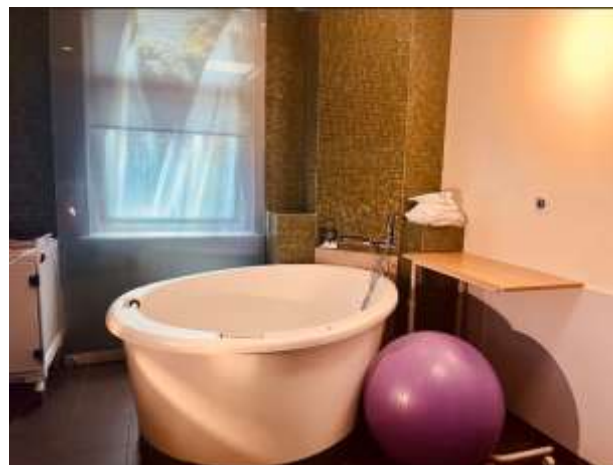
Some people stay in the pool until after they have given birth and others get out sooner – it really depends on how you are feeling and how long you want to stay in the pool.

Your midwife may ask you to leave the pool for a number of reasons, and we ask that you do leave the pool if this happens. You may be able to get back in the pool, depending on the situation. Some reasons you might be asked to leave the pool include:

- ✓ Getting out to empty your bladder
- ✓ Having an exam or assessment
- ✓ If you get too hot and need to cool down (the water is usually 37 degrees)
- ✓ If you are ready to push you may be asked to come out of the pool
- ✓ If there are any concerns, such as –
 - Any sign of bleeding
 - Any sign that the baby has opened his/her bowels
 - Any sign of the baby becoming stressed in labour, for example a heartbeat rate that is different than expected when your midwife checks the baby
 - You feel unwell

Will the midwife help me to get in and out of the pool?

It's important that you can step in and out of the pool yourself, but your midwife will always be nearby to support you to do this.



Pool Room in CUMH