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Labor Pool Set Up

You need to allow at least one hour for pool to be ready for use. Read instructions fully before proceeding so you clearly understand the process. This greatly reduces the chance of error and delay in getting the pool ready for use.

Before setting up, ask the nurses/staff for:

- 2 pumps (an electric pump for inflation of the pool and an electric sump pump to remove water when pool is being emptied and taken down)
- 2 sheets and a few towels
- 2 basins for rinsing feet before entering pool so the water doesn't become contaminated

Location for Pool (*do this BEFORE the tub arrives*):

- 1) Clear space for the tub with room to walk around all sides, near the water source or within easy reach of the hose.
- 2) Open one sheet fully and place it on the floor where you intend to put the pool.
- 3) Hoses need to reach from spigots down into the pool.
- 4) Furniture must be moved out of the way but it is not ideal to block the door *in case of emergency*.



Inflating Pool:

- 1) **DO NOT OVER INFLATE THE POOL.** *This is the mostly likely mistake you could make.*
- 2) Remove pool from bag and unfold it on the sheet.
- 3) Make sure that the large white nozzles for inflation (Boston valves) are on the side closest to the center of the room, where you have access to them for inflation.
- 4) Inflate white bottom of pool to firm with electric pump.
- 5) Inflate seat inside pool to firm.
- 6) Inflate bottom 2 sections of the side of pool to firm – lowest first then middle. Fill through large circular nozzle first then use smaller square nozzle to top off.
- 7) Place liner over pool with top third of side NOT inflated. The writing on the liner should be legible (not backwards). There are holes in the liner for all the handles and for the large white inflation nozzles.
- 8) Inflate top of side to firm (should not sink too much when leaning on it – test prior to use) but **do not over inflate**.



Filling Pool:

- 1) **DO NOT OVER FILL THE POOL.** *This is the second likely mistake you could make.* Fill half way between minimum and maximum levels shown on liner.
- 2) Place hot and cold water hoses into tub and turn on hot and cold water to medium stream – stay with the hoses until you make sure they are stable and not going to spray the room.
- 3) Place floating thermometer in tub.
- 4) Fill $\frac{3}{4}$ full with 98-101° water – you can adjust to mom's desired temperature after she is in pool but water must not exceed 101°. Pool will hold its water temperature for over five hours within one degree.



Using Pool:

- 1) Ideally, the laboring mom would get into the pool once she is 5cm dilated and not earlier *unless* she has a strong urge to do so.
- 2) Place 2 foot rinsing basins, right next to each other, outside of tub. They should only be ¼ full with warm water. Step one foot in each basin before stepping into pool to help keep water free of additional debris and contaminants.
- 3) Have someone assist pregnant mom into pool. DO NOT step on the inflated stool to enter pool.
- 4) Once in pool, keep belly submerged to maximize relief.
- 5) Have towels and/or bathrobe available for mom and towels/sheets for the floor.



Emptying Pool:

- 1) Only use the sump pump once you are completely finished with the labor pool or you will contaminate the water in the pool with debris from other labors since it has been used before.
- 2) Before using the sump pump to empty the pool, remove any large pieces of debris, fecal matter, tissue, etc with the fish net.
- 3) Attach hose to the top of the sump (if it is not already attached) and place pump in the pool. Do not put the sump flat on the floor of the pool or, when it is turned on, it will suck the liner into itself causing the sump to burn out. *This is the third likely mistake you could make.* The sump must be laid at an angle so that it can suck up the water without involving the liner.
- 4) Put the other end of the hose in the toilet, shower or other drainage pipe. Hold or secure the hose!
- 5) Plug in the sump pump.
- 6) Keep sump covered with water while draining pool so sump isn't sucking air (or the liner) which can cause it to burn out.
- 7) Once pool is mostly drained, carefully lift liner out of pool and slowly drain any remaining water into the shower.
- 8) Begin deflating the pool in the reverse order you inflated: top of side, middle side, bottom side, stool, white bottom of pool. You will need to use the reverse blow/suction part of the electric air pump to deflate the stool and bottom of pool.



Clean up:

- 1) If pool is damp or wet at all, wipe it down with clean towels until it is dry.
- 2) Once pool is completely deflated, neatly flatten it, with all valves open, and fold it in thirds, then in thirds again so that it fits into the bag. Do not drag the bag on the floor or it will rip.
- 3) Repackage the air pump with all the parts and nozzles.
- 4) After the Birth Pool in a Box Professional is fully repacked, please call Labor of Love Childbirth Services 917-699-8790 within 24 hours of your birth to arrange the return of the pool. Please call between the hours of 8am-11pm. Method of return depends on your prior arrangements.

