

### What if complications occur with a water birth?

Complications, of course, are unusual and some problems can even be handled in the water. Very rarely, however, I will assist a mother to leave the water in order to manage a challenge or complication. I ask that an air mattress or other simple pallet be available near the pool, so that in any such situation, the mother simply steps out of the pool and directly onto her pallet.

## Water Birth Purchase and Rental Information

### The "Kiddie Pool" by Intex

Large inflatable pool, 60- inches around and 22- inches deep. The bottom of this pool inflates with air, as well as the sides, adding to the comfort...the sides are clear so that the room may be dimly lit while the midwife shines a light through the sides to see as needed. If partners wish to be in the water together, the 77-inch pool is recommended.

The supplies needed:

- The pool can be purchased at toy stores, Walmart, Eckerd Drugs, or from Claudia, as available.  
Approx. Cost: \$25.00
- A submersible battery powered pump to siphon the water can be purchased at Lowes.  
Approx. Cost: \$45.00
- Two new clean hoses; one to fill the tub with water, and one to hook to the pump to siphon.  
Approx. Cost: \$ 12.00
- A tarp to go under the pool to protect the floor in case water spills out.  
Approx. Cost: \$ 5.00
- An adapter that connects the hose to the sink (to fill the tub) available at hardware stores and Home Depot.  
Approx. Cost: \$2.50
- An air pump to inflate the pool.
- An air mattress or pallet that can be set up adjacent to the pool for the mother's use.
- A small fish net to remove organic material as needed.

Approx. \* Total Approximate Cost: Less than \$100.00. Pool and supplies are yours to keep after the birth.

### The Rented Birth Pool

Rented for about 1 month (2 weeks before due date and 2 after) and delivered to your door...most include the tub, a heater, hose, cover, and pump (but the supplies will vary with the company.) Below is a partial list of companies that have rented pools.

The Aqua Doula includes: tub, heater, pump, and cover \* Approx. Cost: \$ 215.00 + shipping  
1-800-882-7864 e-mail: tubman@wa.net

Global Maternal/Child Health Association includes: tub, pump, liner, hose, and heater \* Approx. Cost:  
\$250.00 + shipping (503) -682-3600 e-mail: waterbirth@aol.com Website: www .waterbirth.org

## Comparison of Options

In terms of expense, the "Kiddie Pool" is clearly the most economical option unless the family already has a large tub or Jacuzzi at home, which can be adapted for the birth.

Another factor to consider is heat. Although, the "kiddie pool" has no internal heating system to maintain water temperature, we have not found this to be a problem. Once filled the pools hold their heat for several hours. Also, with the setup of pump and hoses that we recommend, it is quite easy to drain cooler water and replace it with warm as needed. Most families choose the 60-inch pool, and this unit generally does not over extend the capabilities of a family's hot water heater. (The volume of bigger pools, however, may require additional measures to keep water hot--such as adding pots of hot water heated on the stove.)

The rented tubs are a different size and shape than the "kiddie pool." The sides are taller, and not filled with air, neither is the bottom inflated. Many find the rental units to simply be less comfortable than the "kiddie pool." This is because the "kiddie pools" sides are 3 sturdy cylinders of air, allowing the laboring woman to squat against them, sit on them, lean on them, use them as a headrest, armrest, husband rest, etc. Whereas, the sides of the rented tubs are tall and thin, not allowing for any pressure to be put on them. They are also a rental item, so the pool and equipment would need to be returned after the birth.

No matter your choice in pools we suggest setting up and making sure everything works for your setting (hoses long enough to reach, pool fits comfortably in the room you have chosen, etc.) about 2 weeks prior to your due date.