

# Birth Pool Details

## What supplies do I need?

Oasis Oval Birth Pool

Water Hose

Shower Hose Adapter

Air Pump to Blow Up the Pool

Drain Pump

Tarp/Plastic Floor Cover/Shower Curtain (not included)

Disposable liner (not included)

## How do I set up the tub?

1. Turn your hot water heater all the way up
2. Lay out your tarp
3. Set up your tub according to the instructions – inflate with air if inflatable, or put together if hard sided
4. Put tub on tarp
5. Put disposable liner in tub (DO NOT FORGET THIS STEP!!!)
6. When midwives give the OK: start filling the tub, first with a few inches of cold water, then hot until your hot water heater runs out, do not leave tub alone for too long during this step, you want to make sure you don't end up running cold in when your water heater runs out
7. Cover tub and wait for hot water heater to refill, start pots boiling on stove if things appear to be moving fast
8. Add in warm water to fill more then add cold to adjust to correct temperature – about 97-100°
9. Cover until time to get in

## **Where Do You Deliver Birth Tubs?**

Labor tubs can be brought to your home or your approved desired location. Rental fee includes deliveries within a 25 mile radius from Hopkins. A \$1 per mile fee is added to deliveries more than 25 miles in each direction (drop off and pick up).

## **Will a Tub Work In My Home or Apartment?**

Yes. We can almost always make a tub work in your space. You need approximately a 5ft by 5ft space for the tub to fit. This will allow plenty of space for the tub and room for your midwife to monitor you and your support person to be there for you as well.

## **How Do You Fill The Birth Tub?**

Your tub will be filled by connecting a hose to your shower or sink. A faucet adapter is included in your birth tub kit. I highly recommend boiling multiple large pots of water on the stove to help fill the tub.

## **What if I forget the liner?**

If you do not use a liner, you will be charged the cost to purchase a new tub.

## **I May Want My Partner in the Birth Tub With Me As Well, Is That Okay?**

Yes! One of the most significant benefits of our tubs is that they are spacious and comfortable. There is room for you to bring a partner or sibling into the tub with you and for you to move around. Being able to get a partner or spouse in the water and have the water cover your entire abdomen are two things a birth tub will provide that a Jacuzzi or bathtub will not offer.

## **How Long Does it Take to Fill a Tub?**

It takes about 30 minutes to fill if you have a continuous supply of hot water. However, if you have a small water heater, you may need to let the heater refill once or twice. Please plan on the tub taking 2-3 hours to be filled for a home birth.

## **What is the rental period?**

The tub will be delivered by 37 weeks gestation. We will come to pick up the tub 1-3 days following your birth, at an agreed-upon time.

### **Can You Set Up a Labor Tub Early?**

Once labor has begun, you are welcome set up and fill the tub, it can remain that way with its cover on for up to 48 hours before it needs to be drained and refilled. Once you get in, the clock resets at 24 hours, or whichever is sooner.

### **How Are the Tubs Cleaned?**

After the water is drained, please throw away the liner and the hose. After that, please use all purpose cleaner or wipes to fully clean the tub. It must be completely dry before rolling up the tub. \*\*\*Please clean the each part of the tub is cleaned with an all purpose cleaner

### **What is your cancellation policy?**

Cancellations before 37 weeks: we will refund all but a \$25 administrative fee.  
Rental kits cancelled after 37 weeks: if the pool has not been delivered, we will refund up to half of the fee. If the pool has been delivered, we are unable to offer a refund.

### **Is birth pool rental covered by insurance? FSA? HSA?**

It is always a good idea to ask your insurance company if they will cover the cost of the pool rental. Birth pool rentals are eligible for reimbursement from your Flexible Spending Account (FSA) or your Health Savings Account (HSA), and we do accept HSA debit or credit cards. Also, if you have a Christian health sharing plan, they might also reimburse the cost.

### **What happens if I lose or break something?**

The item will need to be replaced from the store/website determined by Oily Doula LLC.

### **What else should I consider?**

If you have an inflatable tub and have animals, you may want to have the tub in a place where you can shut the door to keep them away from it.

DO NOT FORGET THE DISPOSABLE LINER! If you forget and your partner ends up birthing in the tub, you may then have to purchase the tub.

When you start filling the tub, make sure the hose will stay in the tub when water is running through it, without you holding on to it.

If you have a toddler, do not leave the toddler unattended at all when there is standing water in your house.

If at any point you feel like you are uncertain, ask for help! I can guarantee your midwife has heard all the questions already and would much rather you ask then set up the tub wrong so your partner then can't use it.