

# Instructions for Birth Pool in a Box



*Thank you for purchasing Birth Pool in a Box!*

We aim to make the use of water for labour and birth accessible for all women. We hope you are able to enjoy the benefits as many women have done with *Birth Pool in a Box*.

Preparation is a key success factor - take time to read these and avoid disappointment.

To help us improve our products or service, please send us feedback through the internet at [www.thegoodbirth.co.uk/contact](http://www.thegoodbirth.co.uk/contact).

*Best wishes for your birth!*  
*The Good Birth Company*



## Table of Contents

Warnings & Important Information	3
12 Steps to Success with your <i>Birth Pool in a Box</i>	4-5
Things to Do Before Labour Begins	6
Setting up your <i>Birth Pool in a Box</i>	6-7
Filling Pool	8-9
Emptying the Pool	9-10
Cleaning and Packing Away	11
Troubleshooting	11
Warranty	back cover
Returns Information	back cover



## WARNINGS & IMPORTANT INFORMATION - READ THESE NOW

- Our birth pools are personal products - for use by one woman only - unless they are marked as a Professional or Hospital Grade model. Do not accept a Personal pool as a loan or hire pool, This is marked on the pool labels on the bag and next to the top large white valve on the pool.
- Store at above 5°C (41F) indoors
- Read and follow all instructions before opening the pool and setting up
- Remove pool from all packaging and warm up to room temperature for 72 hours before unfolding and handling
- Do a practice set-up of the pool at 37-38 weeks to familiarise yourself with it and check it
- Do not use the pool outdoors before using it for birth
- Do not inflate the pool to a height of more than 28.5" (72cm) for all pools except 09-R Regular with cupholder (09-R) not more than 30.5" (77cm)
- Always ensure the pool and liner are at room temperature before unfolding, inflating or folding. This takes 72 hours - see page 6 for details.
- Do not use an industrial compressor to inflate the pool
- Ensure all plugged-in portable mains electrical devices are not able to reach the pool with water in it to avoid risk of accidental electric shock
- Ensure this pool is placed on a surface strong enough to support its filled weight including occupants and supporters (see page 8 for details)
- Ensure the pool is placed on a flat surface free of sharp objects and prepare the surface thoroughly before setting up and filling the pool
- Do not fill the pool with water above 45°C
- Inflatable products naturally lose a small amount of pressure over time - top up before use and secure valves tightly
- Inflatable products are affected by changes in temperature - if the pool appears to have lost pressure overnight, top up with air, check all valves are securely closed and check after 4 hours at constant temperature
- Check any applicable local laws regarding child safety fencing if using pool outside as a leisure pool
- Do not allow children to handle or use the tap connectors or hosepipe.
- Always consult a qualified midwife or doctor before using this pool for birth
- Always supervise children playing in or near the pool

## 12 Steps to Success with your *Birth Pool in a Box*

These are distilled from our experience supporting thousands of home water births. Get most or all of these sorted and you've given yourself the best chance possible.

*Note: these assume that you have discussed using water for labour or birth with your midwife and have decided to go ahead.*

### 1 Plan for Success

Assume that you will have your home water birth and plan accordingly. To do otherwise undermines your chances of success. Labour is often unpredictable but if events take a different course you can know that you did everything you could to achieve the birth you wanted.

### 2 Involve your partner

Get your partner involved! Have him review the instructions and technical specification and take ownership of the set up, filling, temperature management and emptying.

### 3 Check the floor strength - your pool filled with water will weigh up to 650kg

If not using pool on ground floor, ask a wood preservation company to check the integrity of your home's floor boards and joists. They will usually do a free quote for any work required. In the UK, they can be found in the classification "Woodworm & Dry Rot Control" in Yellow Pages or on Yell.com.

### 4 Review instructions

Takes 10 minutes. Do it at 36-38 weeks, then follow them!

### 5 Check tap connectors and hose

Check that you have a tap connector that fits a suitable tap in your home. If not, either buy an alternative (eg. at B&Q) or try a different tap. Then check that your hose will reach from tap to pool.

### 6 Check hot water capacity

If you don't have an on-demand boiler, test how long it takes to fill the bath 4 times (for Regular pool, 2.5 times for Mini). If it take more than 1.5 hours, consider how to create hot water in other ways, eg kettle, urn, large pans on stove. Be careful where you pour hot water!

## 12 Steps to Success with your *Birth Pool in a Box* *continued*

### 7 Prepare the floor

Sweep or vacuum the floor before putting the pool down. If your floor is stone or ceramic, cover it with a blanket first to reduce heat loss through floor.

### 8 Warm up the pool

Make sure the pool and accessories are at room temperature before unfolding and handling. PVC is brittle below 10C (52F) and it takes 72 hours for the innermost material to warm up when the pool is folded and out of its packaging.

### 9 Practice set up

Practice setting up the pool between 36 and 38 weeks. You can always sell the pool on Ebay later if you don't use it. A full practice including filling with water is even better and soaking in a pool can help with late pregnancy back pains and SPD. Remember to use a new liner for birth.

### 10 Reduce ventilation

When you start to fill the pool with water, close the windows and doors to reduce ventilation. Once the room reaches equilibrium humidity, the rate of heat loss will fall by half. Covering the pool before getting in also helps.

### 11 Start filling the pool early

If your labour is progressing fast, fill the pool at 37°C. If it is early days but you want to get started, fill half full at 40°C and take stock before continuing. Do not get into a pool with water above 37°C - you will be hot in labour and overheating can be dangerous for your baby.

### 12 Mix the water

Mix up water before taking a temperature reading. This is especially true if you are adding hot water at the bottom of the pool.

## Things to do before labour begins

- Check that the Tap Connectors you have will fit a set of taps in your home. While we have provided options that will work with most taps in the Basic and Standard Kits, we cannot guarantee that any supplied by us will fit your taps. You can get alternatives at good hardware stores eg. B&Q.
- Read the instructions - they have been created from many experiences with the pool!
- Estimate how long it will take to fill the pool with your hot water system: the Regular Pool is approx 4 bathtubs full of water and Mini Pool 2.5-3 bathtubs.
- Practice setting up the pool to familiarise yourself with it before labour begins.
- Warm pool up to room temperature before unfolding.
- Remove jewellery or other sharp items from your body and clothing.



## Setting up your *Birth Pool in a Box* - 15 to 45 minutes



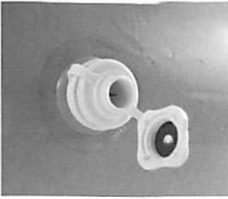

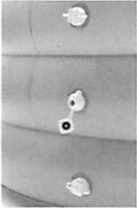


**IF THEY ARE COLD TO THE TOUCH, DO NOT UNFOLD OR INFLATE**

Ensure Pool and Disposable Liner are both at room temperature before unfolding and inflating.

Remove from all packaging and leave to stand for 72 hours if they have been exposed to temperature below 10°C (50°F) - the material becomes brittle at low temperatures.

	Actions	Tips
	<p>Prepare floor area:</p> <ul style="list-style-type: none"> <li>• remove sharp objects</li> <li>• sweep/vacuum</li> <li>• place Floor Cover on floor</li> </ul> <p>If your floor is concrete, stone or tile, place a rug or blanket flat underneath to reduce heat loss into floor.</p> <p>The pool width increases when filled with water - leave 4" (10cm) space to the nearest wall.</p>	<p>The midwife will want room to assist from at least 3 sides of the pool. A floor covering is recommended.</p>
	<p>Lift floor valve 5cm above floor, place nozzle in valve and Inflate floor until creases have largely disappeared and you cannot feel the floor when standing on it. Repeat with seat (not on all models) - inflate and close valve firmly. Twist nozzle in valve if pumping is difficult - outlet may be blocked by material.</p>	<p>One side of base of the valve can be pushed open by the nozzle. Try different angles! Insert until you get a soft click. Over-inflation is a cause of floor seam failure.</p>

## Setting up your Birth Pool in a Box - 15 to 45 minutes *continued*

	Actions	Tips
	<p>Screw round flange tightly into three large white valves and ensure cap is removed (see picture). Inflate 3 side chambers, lowest first. Leave top chamber less than fully inflated - sagging - to enable Disposable Liner to be fitted.</p>	<p>Twist nozzle as you insert. Over-inflation is a cause of failure. Do not exceed 28.5" (72cm) total height or 30.5" (77cm) if 09-R Regular pool with cupholder.</p>
	<p>Place Disposable Liner on pool with holes fitting over handles and valve to secure liner. Complete inflation of top chamber.</p>	<p>Liner can stretch. Always use a new Disposable Liner for birth.</p>
	<p>Discuss with your midwife whether the pool height is appropriate. To reduce total height, open valve on middle chamber for a few seconds. Then add air to the top and bottom chambers to increase firmness.</p>	<p>Middle chamber must be at least 8" (20cm) to retain stability.</p>
	<p>Inflate centre of Fitted Heat Cover (if applicable) until most of creases just disappear and set aside. Top up the wall chambers and put away Electric Inflate - Deflate Pump and any other portable mains electrical devices before filling pool with water.</p>	<p>Over-inflation is a cause of Fitted Heat Cover failure. Some heat covers do not have an inflatable centre.</p>
	<p>Fit Cover over top chamber of pool, with holes placed over handles and large white air valve. This is a snug fit.</p>	
	<p>Prepare other items you need., e.g. a clean bowl/bucket to remove water if required when topping up.</p>	


7

## Filling Pool - 30 minutes to 2.5 hours

**ALWAYS USE A DISPOSABLE LINER EVEN FOR PRACTICE RUNS**

Filling time depends on your hot water system. A powerful on-demand combi boiler will fill the pool in about 40 minutes.

Always use a Disposable Liner even for practice runs - it is a back-up container for the water in case of an accident or problem. The warranty is voided if you do not use a Disposable Liner each time and a new Disposable Liner for the birth.

Step	Actions	Tips
1	<p>Attach tap-hose connector to tap and secure hose onto connector.</p>	<p>Never re-use a hose that has been used to empty a pool after birth.</p>
2	<p>Run warm water through hose into a sink or drain for 2 minutes. Then turn taps off.</p>	
3	<p>Push the open end of hose through a top handle and lay on floor of pool. If your liner has a "Hose slot", then slide the hose into this to secure it while filling.</p>	<p>Too little hose inside pool may result in water spraying!</p>
4	<p>Begin filling pool with water at approx 37°C. The water temperature will fall approx 2°C while filling without a Cover and less than 1°C with one. <b>DO NOT BEGIN FILLING WITH ONLY HOT WATER</b> - this may damage the Filling Hose, Disposable Liner and Pool.</p>	<p>Go 1-2°C higher if you plan to enter the pool a few hours later, or more if you do not have a Cover. Do not use water above 45°C.</p>
5	<p>Once the water covers the floor of the pool, flatten and smooth out folds and kinks in the Disposable Liner around the floor and seat (if applicable), removing any air pockets. Place Cover over pool, with holes fitting over handles. Turn off the taps and remove the hose to do this, and then push the hose through a top handle and through the hole in the Cover until the end of the hose rests on floor of pool.</p>	<p>Do this before the water is 2 inches deep or the liner will be hard to move. Air is expelled through holes around top handles, or grommets.</p>
6	<p>Mix up water and monitor water temperature every 15 minutes and adjust as required.</p>	<p>Read thermometer instructions!</p>
7	<p>Fill with water to top of middle chamber - the level of the MINIMUM water mark on the liner.</p>	<p>You can add more water later if needed.</p>
8	<p>Remove any Heat Cover, Thermometers and Filling Hose from pool before entering.</p>	
9	<p>Secure MyAnchor (black strap - if applicable) to the outer handles of the pool away from the top handles and adjust strap length as required. An additional turn back through the buckle prevents slipping.</p>	

8

## Filling Pool *continued*

### Filling Time

Filling time depends on your water supply and can range from 30 minutes to 2.5 hours. Should you need to speed up filling and are short of hot water, heat water on stove and add this water to the pool, taking care that the woman is out of the pool and **POUR THE HOT WATER AWAY FROM THE SIDES OF THE POOL**. Then agitate the water to diffuse the hot water around the whole pool. The time to start filling the pool is in early labour. It's better to be a little early than too late!

### Maintaining the Temperature

This can be the responsibility of the woman's partner. With the Fitted Heat Cover or ClearFit Cover on, the water will only lose approximately 0.5°C per hour, depending on the temperature, humidity and air flow where the pool is located. To adjust the temperature to body temperature, simply remove some water with a clean bucket and add hot water either through the hose or from a pan/kettle as required - **WOMAN MUST GET OUT FIRST. POUR HOT WATER AWAY FROM SIDES OF POOL.**

### Water Freshness

The water remains "fresh" for approximately 24 hours. After that, we advise that you empty the water and refill the pool. If your Submersible Water Pump has been used before, remove the Disposable Liner and put a new one in place before re-filling the pool - trapped water in the pump may have harmful bacteria inside.

### Practice runs

You may wish to have a practice run, setting up and filling the pool. To do this, we strongly recommend you to buy an extra Disposable Liner to ensure that the liner you use for the birth is clean. Never fill the pool with water without a Disposable Liner.

## Emptying the Pool

**Method A - Using Electric Submersible Water Pump with the filling hose - 40-60 minutes**

Step	Actions	Tips
1	Remove any debris from the water with a strainer and discard.	Debris may block the Submersible Water Pump.
2	Attach the smallest adapter from box onto top of Submersible Water Pump. Push one end of Filling Hose onto adaptor nozzle.	It may be necessary to soften the hose end with warm water and/or use a blunt knife to expand the hose.
3	Lower pump to bottom of pool at one end of the pool, with any suction cups facing down to the floor..	The suction cups will not work on the liner.
4	Place other end of hose in a toilet or outside drain. Plug in and switch on pump at socket.	Check Submersible Water Pump instructions for troubleshooting.

## Emptying the Pool *continued*

**Method A - Using Electric Submersible Water Pump with the filling hose - 40-60 minutes**

Step	Actions	Tips
5	When pump starts to suck air, remove liner from one end and pull towards pump to increase water depth. Unplug pump once water stops flowing.	Do not leave pump unattended.
6	If you plan to use pump again do the following: <ul style="list-style-type: none"> <li>• Empty a bucket of fresh water using pump and hose.</li> <li>• Refill bucket and add Milton sterilising fluid or tablets.</li> <li>• Place open end of hose in bucket and plug pump in to cycle fluid around. Leave to stand for 30 minutes.</li> <li>• Drain pump and hose and stand/hang to dry.</li> </ul>	Re-using the pump & hose after a practice run or relaxation soak is not a problem if you follow these instructions. Re-using them after birth is not recommended and voids the warranty.
7	Dispose of items disposable and not required again: e.g Disposable Liner, Cover (if colourless), MyAnchor, Strainer, Thermometer, Filling Hose, Submersible Water Pump, Tap Connector.	The Disposable Liner can be used as a bag for all these items.

**Method B - Siphon using Filling Hose**

Step	Actions	Tips
1	Remove any debris from the water with a strainer and discard.	
2	Start a siphon: <ul style="list-style-type: none"> <li>• Place entire Filling Hose in water and ensure it is filled with water.</li> <li>• Leave one end under the water, place thumb over other end and take to a drain lower than pool floor.</li> <li>• Release thumb.</li> </ul>	Emptying time depends on length of hose, hose end's vertical height below pool and number of siphons: you can cut hose and set up second siphon.
3	Remove Disposable Liner from one end and pull towards hose end to make water deeper.	Water will stop flowing once hose end comes out of water.
4	Dispose of all items disposable and not required again: Disposable Liner, Strainer, MyAnchor, Thermometer, Filling Hose, Tap Connector, Cover (if colourless).	The liner can be used as a bag for all these items. The colourless Fitted Heat Cover is disposable.

## Cleaning and Packing Away

Step	Actions	Tips
1	Wipe pool and Fitted Heat Cover (if blue) with a cloth soaked in detergent. Soak a cloth in Milton sterilising solution and wipe again. Stand to dry.	
2	Deflate pool by opening all valves to deflate position. Floor and seat will need to be actively deflated using a pump.	Move pipe or nozzle on pump to the deflate position marked on pump.
3	Fold pool to fit into nylon bag. Air will be expelled through large valves as you fold.	The bag is generously-sized.

## Troubleshooting *Birth Pool in a Box*

For a complete FAQ on *Birth Pool in a Box*, please visit [www.thegoodbirth.co.uk](http://www.thegoodbirth.co.uk) and look under the menu item CUSTOMER SUPPORT

Problem	Actions
Pool sides not firm enough	Add air to pool with pump. Do not use Electric Inflate-Deflate Pump if pool has water in it. Stop when total height is 28-28.5" (71-72cm) - pool should then be firm enough to sit on side walls for women less than 15 stone (95kg). For a Regular pool with cupholder (09-R) stop at 30-30.5" (76-77cm)
Pool appears to deflate rapidly	Re-inflate and check all valves are secured. If re-occurs, re-inflate and listen for any air leak and patch over leak with repair kit, or use Duck/Gaffer tape. If this doesn't solve problem, contact The Good Birth Company.
Side walls too high to get out safely	Sit on sides and swing legs over. Alternatively, open top or middle chamber valves to release air, reducing height. Opening the top valve also reduces width as woman exits.
Pool loses heat faster than expected	Close windows and doors. Turn on heating in room. Place Fitted Heat Cover on when woman is not in pool. Close forced-air vents in the room if applicable. If floor is stone or tile, empty pool and place blankets under pool.
Temperature measurements differ with different thermometers	Check that pool water is mixed, reading is taken from same place and thermometer instructions are followed.
Submersible Water Pump not working	Check electricity supply. Then check manufacturer's instructions - pump may be blocked by debris. Strain water and unblock pump then try again.

## Warranty

This warranty applies only to the original purchaser.

We will replace any Personal or disposable product with a manufacturing defect reported and returned within 60 days of shipment. You must do a practice set-up of the pool in time to return the item for inspection and receive the replacement before your birth. We inspect the returned items and contact you to arrange either a replacement or to refund you within 5 working days of receipt. You must contact us before sending any products using the form at [www.thegoodbirth.co.uk/contact](http://www.thegoodbirth.co.uk/contact).

The warranty period for Professional or Hospital Grade products is one year or 20 uses, whichever is earlier.

This warranty does not cover punctures, cuts or abrasions caused by careless handling or improper storage in contravention of the instructions.

## Returns Information

See separate documentation provided by the retailer you purchased from.

If you purchased directly from The Good Birth Company, please visit [http://www.thegoodbirth.co.uk/returns\\_policy](http://www.thegoodbirth.co.uk/returns_policy) and contact us before returning. Check that your name and order reference are on the pool box and inside before returning.

