

comfortable with this option.

It may be helpful to get more information about waterbirth so you can make a decision that's right for you.

Your midwife will have resources you can look at, and you can also go to www.waterbirth.org for more information about using water for labour and birth

Other Frequently Asked Questions

Where can I hire a pool for my home birth?

Auckland HomeBirth Community <http://ahbc.space/birth-pool-hire> hire out birth pools for home use, but talk with your midwife for all options.

Can my partner/support person get in the pool?

Your partner/support person can get in the birthing pool to support you if you wish. It's best for everyone to shower first if possible.

What do I wear?

You can wear what you feel comfortable labouring in.

What happens to the placenta after baby is born?

If the labour and birth go well and you don't require drugs to birth your placenta, you can

birth your placenta in or out of the pool.

However if there are concerns, or your midwife needs to assist with the birth of the placenta, you will be asked to leave

Don't be concerned if you see blood in the pool once baby is born – it is normal to see this and your midwife will be monitoring any bleeding.



Birthing Pool at Pukekohe Maternity Unit

References

Dekker, R. (2014). Evidence on the Safety of Water Birth. <http://evidencebasedbirth.com/waterbirth>

New Zealand College of Midwives, (2015). NZCOM Consensus Statement. The use of water in labour and birth. <https://www.midwife.org.nz/wp-content/uploads/2018/08/The-use-of-Water-for-Labour-and-Birth.pdf>

 COUNTIES MANUKAU HEALTH	Department: Women's Health	Updated: July 2019
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Water for Labour and Birth

Information for Pregnant Women and
Whanau

Water for labour and birth

Water has been used during labour for pain relief for centuries.

You can choose whether to birth your baby in or out of the water.



Birthing Pool at Papakura Maternity Unit

What are the benefits of water for labour and birth?

- Provides good pain relief
- Can reduce the need to use strong drugs during labour like epidural or Pethidine
- Can give you more of a sense of control, feelings of privacy and a safe space
- Can help you feel more calm and relaxed
- Water allows for easier movement

What would prevent me from using water during labour and birth?

You must have a low risk pregnancy in order to use the birthing pool during labour.

In some situations it is not recommended to use water for labour or birth.

This is to keep you and your baby safe. This can include medical problems such as epilepsy or preeclampsia, problems in your other pregnancies such as previous caesarean, or problems during your labour such as preterm.

You will be asked to leave the pool for monitoring if you or your baby become unwell or if there are any other concerns.

Please discuss with your midwife your current situation to see if the birthing pool would be right for you.

Is it safe?

- Studies show that using water for labour and birth is safe.
- It can provide good pain relief and reduce the need for pain relieving medications such as an epidural.
- Counties Manukau have a guideline in place to keep you safe when you are using water for labour or birth.

The midwife will regularly check you and your baby's health and wellbeing, as well as making sure the pool is at the right temperature.

Any problems you will be asked to leave to pool for monitoring



Birthing Pool at Botany Maternity Unit

Where can I use water for labour and birth?

Middlemore hospital itself **does not** offer waterbirth.

Our Primary Birthing Units offer waterbirths:

- Botany Downs,
- Papakura and
- Pukekohe

You can also have a waterbirth at home.

You must discuss this with your midwife and make sure it is a safe option for you, and your midwife is