

# Welcome

## To The Rotunda Hospital

In the Rotunda Hospital, we have one bespoke birthing room which accommodates a large pool for use during labour.

This Information Leaflet is designed to help you to make an informed choice if you are considering using the pool for pain relief during your labour.



### BENEFITS OF USING THE POOL/ WATER FOR LABOUR

- During the first stage of labour, water immersion has been shown to decrease the need for pain relieving medications. The warm water can help diminish stress hormones and reduce pain by increasing the body's production of pain relievers (endorphins).
- Water immersion provides support and buoyancy that enables you to relax during labour and take advantage of the weightless feeling it provides.
- Labouring in water can also encourage a sense of control in labour and increase satisfaction.



### WHO CAN USE THE POOL FOR LABOUR

You and your baby must fit all the following criteria to use the pool for labour:

- You are healthy with no underlying medical conditions/complications of pregnancy.
- You are between 37 and 42 weeks of pregnancy.
- You have a BMI of 35 or less at your booking visit.
- Your labour starts itself.
- You are having one baby, who is presenting head first (cephalic).
- Your waters have remained intact or have not been broken for more than 18 hours.
- You can demonstrate good mobility and the ability to get into and out of the pool with ease.

### LABOUR & BIRTH

You and your baby must fit all the following criteria to use the pool for labour:

- The midwives in the Delivery Suite will be with you to guide you through labour. They will monitor you and your baby and provide emotional support and encouragement throughout.
- You will be encouraged to adopt different positions and to use relaxation and breathing techniques whilst in the pool. You may get in and out of the pool at any time during your labour.
- The midwives will observe you closely and when the birth of your baby is approaching they will assist you to leave the pool.



**PLEASE NOTE, WATER BIRTHS ARE NOT  
CURRENTLY FACILITATED AT THE  
ROTUNDA HOSPITAL**



Ask about this option  
when attending your  
antenatal appointment

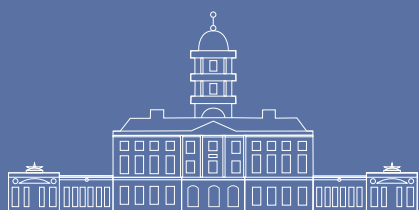


## Useful Resources

**Rotunda Guide on How to Maintain  
a Healthy Pregnancy**  
[www.rotunda.ie/healthy-pregnancy/](http://www.rotunda.ie/healthy-pregnancy/)

**Rotunda Guide to Preparing for Labour**  
[www.rotunda.ie/preparing-for-labour/](http://www.rotunda.ie/preparing-for-labour/)

**Rotunda Guide to Labour and Birth**  
[www.rotunda.ie/labour-birth/](http://www.rotunda.ie/labour-birth/)



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Visit [www.rotunda.ie](http://www.rotunda.ie) for useful information  
relating to pregnancy, birth and beyond.

## Contact

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# Using Water For Labour