

Auckland HomeBirth Community

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'Birth Pool In A Box' Instructions



Ensure that these instructions have been read through carefully before pool setup/ labour begins and are easily accessible (digital or printed) for referring to during setup.

SUPPLIED EQUIPMENT

1. Birth Pool In A Box (BPIAB) Mini birth pool.
2. Air pump.
3. Tap fittings.



4. Single-use birth pool liner.

This **MUST** be used at all times. If this is not used, the bond cannot be refunded as the bond will be used to cover the cleaning costs and time.

This single-use birth pool liner is yours to keep.



5. Filling hose.

This is for **filling** the pool with clean water only! Do not allow the hose to come into contact with the water in the birth pool. Do not use to empty the pool!

If the hose is contaminated, the bond cannot be refunded as the bond will be required to purchase a replacement filling hose.

This hose must be returned with the birth pool.

Please respect the use of the pool liner and filling hose. Ignoring these instructions puts people, including babies at risk!

Always adhere to these instructions.





IMPORTANT INFORMATION

Inflatable pools require careful handling to avoid holes, cuts and abrasions. When inflating the pool ensure there is nothing underneath or around the pool that could cause damage.

It is recommended that you test the pool for possible leaks at least two weeks prior to expected use. To do this, follow instructions below for inflation/deflating and leave inflated overnight. If, in the morning, the pool feels soft or deflated, contact the birth pool coordinator ASAP.

DO NOT OVER-INFLATE THE POOL! Over-inflation is the most common cause of air-leaks. Do not inflate the pool to a height more than 72cm.

Only use the supplied air pump (or similar) to inflate the pool. Never use an air-compressor or high-pressure pump to inflate it.

Water **temperature must not exceed 45°C.**

PREPARATION, INFLATION, AND FILLING

Step 1.

Make sure the pool and accessories are at room temperature before unfolding and handling. It can take up to 72 hours for the inner most material to reach room temperature when the pool is folded.

Step 2.

Prepare the floor area:

- Ensure the area under where the pool is going to be is flat and will support the weight of the filled pool (more than 700kg).
- Remove objects and sweep/vacuum thoroughly.
- Lay down a waterproof layer and/or blanket (or similar).

i The pool width increases when filled with water so leave at least an extra 10cm space around the pool to allow for this.

Step 3.

Lay out the pool on your prepared area, ensuring the pool floor is reasonably flat.



Image courtesy of [The Eades Family \(YouTube\)](#)

Step 4.

Lift the floor valve about 5cm above the floor, place air pump nozzle in the valve and inflate the floor until creases have largely disappeared. Close the valve.

Step 5.

Repeat with the seat. If the seat is not inflating, try twisting the nozzle or setting the nozzle at a different angle.

Step 6.

- Ensure the round bottom flanges on the 3 large white valves are closed. Do not overtighten!
- Undo the outer cap on all 3 valves. These valves are one way and air **won't escape, even with the cap off.**
- Start inflating the bottom most chamber first, then the middle chamber, leaving the top chamber till last.
- Screw on each cap as you go or do all three up after inflation.

⚠ WARNING: DO NOT OVERINFLATE! The pool should be firm but not hard! **DO NOT OVERTIGHTEN THE VALVES!**

ℹ TIP: To reduce the height of the pool, open the round flange in the middle chamber and let some air out. Note: The middle chamber must always be at least 20cm high. You can add more air to the bottom and top chamber to increase firmness (but do not overinflate).



Step 7.

- Place the liner in the pool, aligning the bottom seam of the liner with the middle (lengthways) of the pool floor.
- Open the liner out towards the walls and pull over the edges of the pool. The liner must completely cover the pool, *all the way down to the floor*. If possible, tuck excess liner under the pool.
- Adjust the **liner so that it's** as flush with the floor and walls of the pool as possible. Try to minimise wrinkles on the bottom of the pool.

⚠ IMPORTANT: The single-use liner **MUST always** be used to ensure both your safety and that of others using the pool!

ⓘ TIP: Wrapping the outside of the liner with tape or a strap can help stop the liner moving around and tripping on the edges of the liner.

For example -



In the picture above, the excess liner should be tucked under the pool. Make sure the tape does not come in contact with the pool as it leaves a sticky residue.

Step 8.

The pool is now ready to be filled.

⚠ WARNING: The water temperature must not exceed 45°C. Fill with either warm water (ideally 37°C) or if you have separate hot and cold, fill with cold water first! Filling with hot water first could damage the liner and pool.

⚠ IMPORTANT: The filling hose must not come into contact with the pool water! Keep the hose above or on the edge of the pool but never *in* the pool. Ensure that the hose cannot accidentally fall in the pool. Once the pool is in use, the hose should be kept away from pool unless more water is being added.



- Once water covers the floor of the pool, flatten and smooth any wrinkles in the liner and remove any air pockets as best you can.
- Continue to fill with water to the top of the middle chamber. Do not over fill! The water level will increase when you get in and can be adjusted then.



i TIPS FOR FILLING

- Consider using the washing machine or dishwasher taps or the shower mixer pipe. These often have threads that fit tap adapters.
- **If tap adapters don't fit, you can use the following method:**
 1. You will need a clean bucket, large container or similar; the filling hose; optionally a clean peg, clamp or weight to keep the filling hose submerged; a sink (the higher off the floor the better).
 2. Place the bucket/container in the sink. **Make sure the drain isn't blocked.**
 3. Start filling your bucket/container with water. Once the container is near to full, put the hose end to the tap so that water starts to flow through the hose. Hold the hose there.
 4. After a few seconds, quickly place the end of the hose in your container. The siphon should continue to suck water through the hose from the container. You may need to use the peg, clamp or weight to keep the hose end at the bottom of the container.
 5. Adjust the flow from the tap into the container so that it is fairly equal to the flow of the hose. It is better for the container to be slightly overflowing than have the water level lowering.
 6. The hose will continue to flow as long as it is submerged in the water.
 7. To stop the flow from the hose, remove it from the container. (Water still in the hose may continue to flow until the hose is mostly empty). Turn off the tap.



Courtesy of webirthathome.com

The water temperature should ideally **be 37°C for birth.**

- Depending on your water supply/pressure, it can take an hour or more to fill. Doing a practice run will give you an idea of how long it will take ahead of labour. (The pool liner must be used even with a practice run!)
 - Running the hot water cylinder out of hot water is common. A few weeks before your EDD, turn your hot water cylinder up to maximum temperature. (Remember to turn it down again after birth.)
 - If you run out of hot water, continue to fill with cold till near maximum water depth. Then top up with boiled hot water to reach correct temperature – you can use kettles and pots to boil water.
- ⚠ WARNING:** Keep boiled hot water away from the sides of the pool and the person in it! Mix the water while pouring if possible.
- See this webpage for more tips and suggestions:
www.ahbc.space/articles/what-you-need-for-home-water-birth/

You're done. Enjoy!



EMPTYING, CLEANING AND DEFLATING THE POOL

Step 1 - Emptying.


⚠ IMPORTANT: The filling hose must NOT be used to empty the pool!

- Remove any debris from the water with a strainer.
- Remove water from the pool with a garden hose or similar by starting a siphon. You can also bucket the water out.
(DO NOT USE THE FILLING HOSE!)
- Once the water level gets too low, you may need to prop one end of the pool up to get the rest of the water out. Switching to a smaller container such as a bowl or cup can help get the last bit of water out.




- Bring the edges of the liner up and together then clasp it closed as tightly as possible to keep the still wet interior sealed. Carefully lift it out preventing (or at least minimising) drips onto the pool. Dispose or upcycle the liner hygienically. Do not return the liner.

Step 2 - Cleaning.

 **IMPORTANT:** The pool must be returned clean and dry!

- Clean the pool with a mild cleaning agent. Suitable cleaners are:
 - Regular strength bleach (sodium hypochlorite) diluted in water to a 10% bleach mixture (1:10).
 - Clorox wipes or similar.
 - Dettol diluted as per bottle instructions or Dettol wipes.
 - Hydrogen peroxide (3% or higher).

 Preferably use unscented cleaners. Wearing gloves is recommended.

 **WARNING:** Cleaning agents are ineffective in the presence of things like food, dirt, blood, faeces, etc. Carefully check the pool and hose while cleaning and if you find any contaminants, remove before cleaning with the above cleaning agents.

- Pay particular attention to the seams, between the seat and wall and around the valves, etc.
- The pool should be wet or moist (but not dripping) with cleaning agent and then left to sit for at least 10 minutes.
- The underside of the pool **MUST** be cleaned as well!
- Thoroughly dry the pool with a **CLEAN** cloth or towel.
- Repeat this step for the filling hose, ensuring that you clean the entire length. Ensure that there is as little water left in the filling hose as possible!



Step 3. – Deflating and packing

- Pool is deflated in the reverse order – top, middle, bottom chamber, seat, lastly floor. Leave the white valve bottom flanges open.

i TIP: You can use the air intake on the air pump to deflate the pool faster. Just reverse the connectors by placing them on/in the air pump intake instead.



Image courtesy of [The Eades Family \(YouTube\)](#)

- Fold the walls lengthways towards the middle.
- Fold the pool in half and then in half again.
- Either roll or fold the pool towards the white valves.
- Place the pool back into its bag and do the straps up.

i TIP: These packing instructions can also be found in on the inside flap of the pool carry bag.