

# Auckland Home Birth Association

DISCOVERING · EMPOWERING · CELEBRATING

## 'Oat Milk' Instructions



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

# SUPPLIED EQUIPMENT

1. Oat Milk Professional birth pool
2. 2 x Air pump: 1 foot + 1 electric
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. Follow the cleaning instructions. Ignoring these instructions puts people and babies at risk! Always adhere to these instructions!*



# IMPORTANT INFORMATION

 **WARNING:** 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/deflation and leave it 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 leaks.

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

Water temperature must not exceed 40°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 24 hours for the innermost 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).

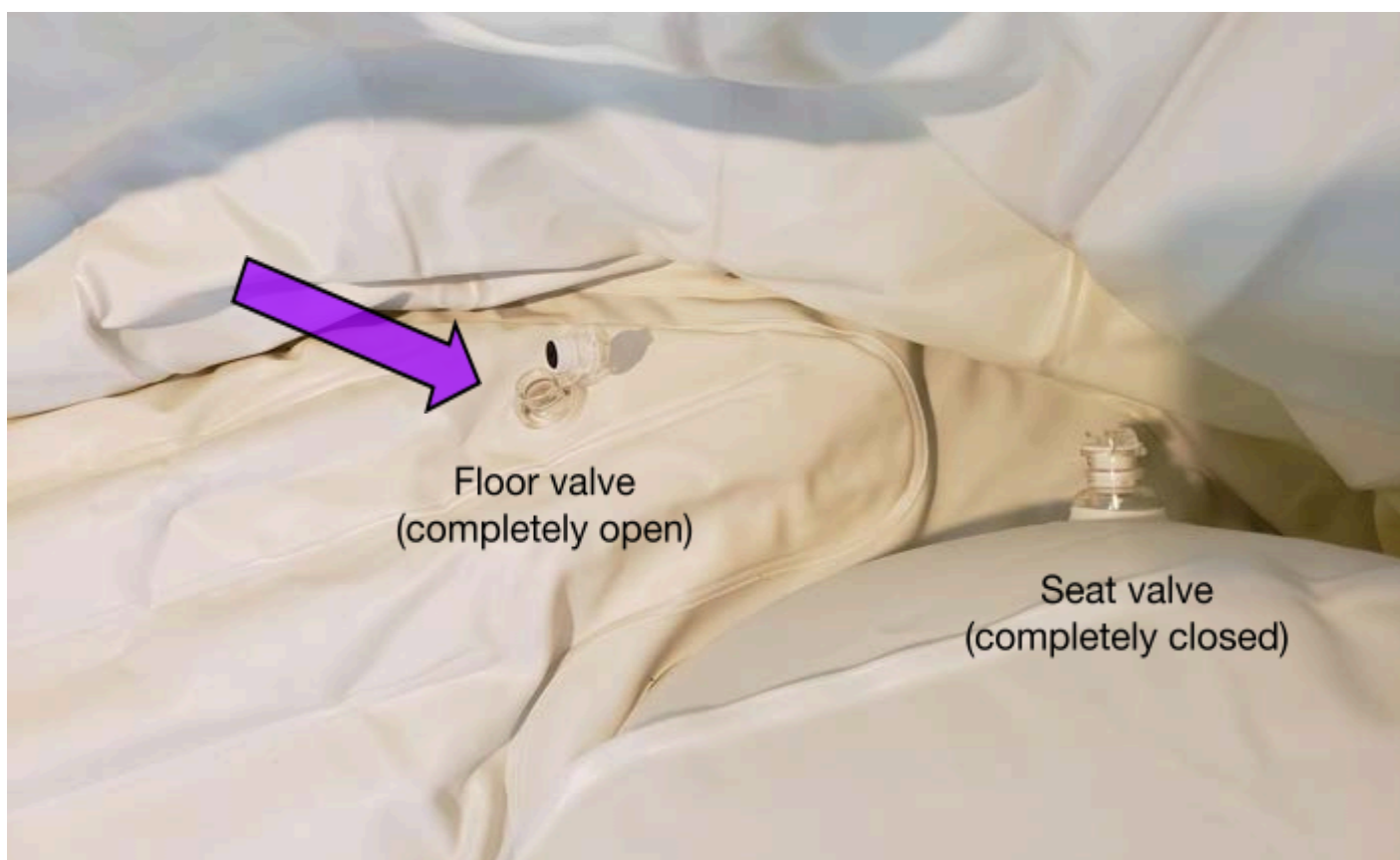
## Step 3.

Lay out the pool on your prepared area, ensuring the pool floor is reasonably flat. Loosen the sides away from the floor.

## Step 4.

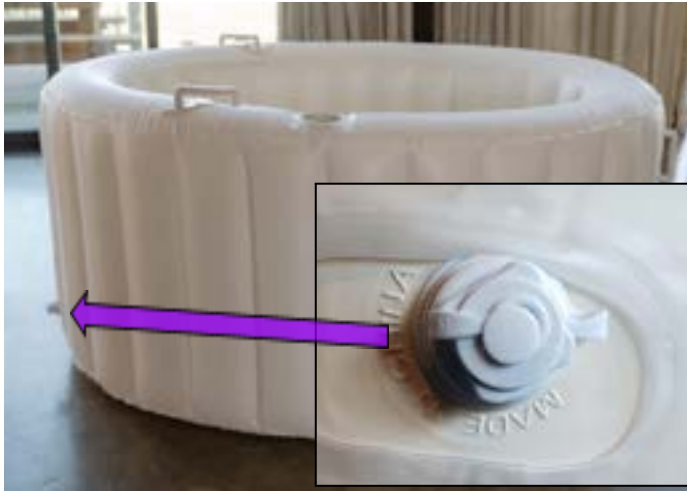
Inflate the floor first through the small valve in the floor. Then optionally inflate the seat.

Note: these are two-part valves. To inflate, push both parts into the valve hole (see the seat valve on the right of the photo), then open only the top most part of the valve. The top of the valve is one-way and allows air in but not out. You do not need to squeeze the base of the valve to inflate.



**⚠ IMPORTANT:** Do not push the seat and floor valves into themselves. Leave them upright - see the seat valve in the above photo.

## Step 5.



Find the large white valve near the bottom of the pool exterior. It is located beneath the logo.

The valve caps consist of two parts: a lower round flange and a top square cap. The valve beneath the square cap is one way - it lets air in but does not let air out, even if the square cap is left off.

- Screw the round bottom flange on. Do not overtighten!
- Unscrew the square top cap (if it isn't undone already).
- Inflate the wall through the now open one-way valve. You should inflate the pool till it's about 80-90% inflated (this is to make it easier to fit the liner in the next step).
- Screw on the top square cap. Do not overtighten!

### **⚠ DO NOT OVERTIGHTEN THE VALVES!**

The round flange should only be tightened just enough that it's shut. The square valve only needs gently tightening. You can always put more air in if you don't do the round flange up, but you can't undo stripping the valve threads or getting the valve and cap stuck.

### **⚠ WARNING: DO NOT OVERINFLATE!**

Overinflation is the biggest cause of leaks - the pool should be firm but not hard!

## Step 6.

- Take the liner out of the bag and unfold it. You will notice the liner has a right side and a wrong side:  
The right side is a similar matte texture as the pool.  
The right side faces outwards.  
The wrong side is smooth and shiny. The wrong side faces down and is what touches the pool.
- Find the two angled holes - these align with the exterior angled handles (see photo right) on one end of the pool. The opposite end of the liner will have a single hole that fits over the wall inflation valve.
- Use these holes to align the pool liner lengthways along the pool.
- Open the liner outwards towards the walls and pull over the top of the edges of the pool.



You will likely need to shimmy and adjust the liner so that it lines up with the handles, wall inflation valve and cup holder. The photo to the left shows the liner correctly fitted over one of the top handles and the cup holder



- Once everything is aligned, make sure the liner is pulled down to the floor. The liner must completely cover the pool, *all the way down to the floor*.
- Finish inflating the pool till it's firm but not hard. Do not over-inflate the pool!



- Adjust the liner so that it's as fitted as possible. Try to minimise wrinkles on the bottom of the pool. You may need to adjust the liner over the seat (if using the seat) so that it's fairly evenly spread.



 **IMPORTANT!**

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

## Step 7.

The pool is now ready to be filled.

**⚠ WARNING:** The water temperature must not exceed 40°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 the 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 fill line on the inside of the pool. The fill line can be difficult to see. Do not overfill! Overfilling can rupture the pool. The water level will increase when you get in and can be adjusted then.  
If you add more hot water, make sure you remove the same amount.



## 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.
- 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:  
<https://ahba.org.nz/articles/what-you-need-for-home-water-birth/>

*YOU'RE DONE. ENJOY!*



*Image courtesy of @madietjenkins (Instagram)*

# 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 and a pond pump or 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. Please also dispose of the liner bag yourself - it should not be returned.




*Image courtesy of Birthpools Bevallingsbaden (YouTube)  
Note: this shows a Birth Pool In A Box, not the Oat Milk Pool,  
but the method remains the same.*

## Step 2 - Cleaning.


### **IMPORTANT:**

#### **The pool must be returned completely clean and completely dry!**

- Clean the pool while it's still inflated - it's extremely difficult to clean and dry it properly once it's been deflated.
- Clean the pool with a mild cleaning agent (preferably unscented). Suitable cleaners are:
  - Milton Steriliser Tablets or Solution (Recommended)
  - 3% pure hydrogen peroxide
  - 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.

 **WARNING:** Cleaning agents do not work if anything like food, dirt, blood, faeces, etc. are stuck to the pool or hose. Carefully check the pool and hose while cleaning and if you find any contaminants, wipe them off before cleaning with the above cleaning agents.

- Pay particular attention to the seams, around the valves and handles, etc.
- The pool should be wet or moist (but not dripping) with cleaning agent and then left to sit for at least 15 minutes.
- The underside of the pool **MUST** be cleaned as well!
- Thoroughly dry the pool with a **CLEAN** cloth or towel.

 **WARNING:** The pool **MUST** be completely dry before packing! It is recommended to dry the pool down with a clean towel or cloth and then leave the pool inflated overnight so that it is completely dry come

morning. Failure to dry the pool before return can result in loss of some or all of the bond. This is because any dampness on the pool can result in mould.

- Ensure that there is as little water left inside the filling hose as possible! Any significant water left in the hose can leak water onto the other accessories and damage them.
- Repeat the above cleaning method for the filling hose (moisten with cleaning agent, leave for 15 minutes, dry), ensuring that you clean and dry the entire length.

## Step 3. – Deflating and packing

The pool is deflated in reverse order - deflate the wall, then the seat (if it was used) followed by the floor.

**i** TIP: You should use the deflate 'mode' on the air pump to deflate the pool. This is both easier and faster and is also less likely to damage the vinyl than putting bodily pressure on top of the pool to deflate it - just reverse the connector by placing it on the air pump's deflate intake instead.



- Deflate the wall by opening the bottom round flange in the wall valve. This will open a large hole and air will start escaping. As in the above photo, it is recommended to use the air pump to deflate the pool. This can be done with either the electric pump or foot pump - both have a deflate mode. Try to let the walls collapse downwards on themselves.
- Deflate the seat if you used it. As with the wall valve, you need to remove the bottom most valve plug which should reveal an open hole



and air should immediately start escaping. If air does not start coming out, check that you have opened the bottom most valve, and not the upper one-way valve.

You can again also use the air pumps to deflate the seat (and floor) more easily and faster. You do not need to squeeze the base of the valve to keep it open.

- Deflate the floor with the same method as deflating the seat above.
- Once deflated, fold the pool wall at the exterior angled handles end over towards the middle. You want to fold it over about a quarter the length of the pool.
- Staying at this end of the pool, fold the right or left side of the pool, lengthways, in towards the middle of the pool, about one third over. Then do the same with the other side of the pool. You should end up with the lengthways walls being folded over each other.
- Now roll or fold the pool back towards the wall air valve end. Any remaining air should escape out the valve as you're doing this. You may need to pull the sides of the pool back in as you're rolling or folding.
- Place the pool back into its bag.

