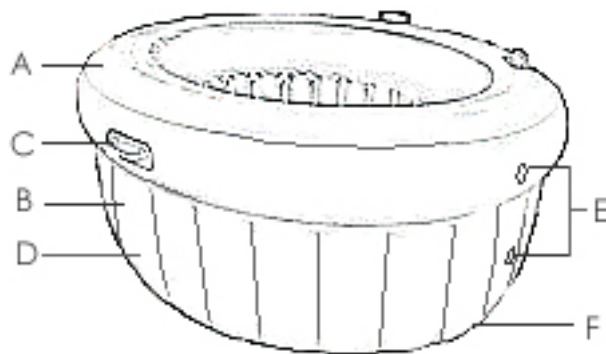




ECO BIRTH POOL INSTRUCTIONS

FIG 1



REGISTERED DESIGN IPO 4008075

SPECIFICATION

	Aquaborn Large
External max dimensions	71 x 59" 180 x 150cm
Internal max dimensions	55 x 44" 140 x 110cm
Internal depth	27" (68cm)
Floor thickness	3.5" (8.5cm)
Rim width	10" (25cm)
Number of persons	2 persons
Disposable liner	NOT REQUIRED
Max height of mother	6'2" (188cm)
Professional Use	Yes (one use only)
Weight when filled	560kg plus mother
Lid	Included

INTRODUCTION

The Aquaborn Eco Birth Pool has been ergonomically designed to allow a midwife to get closer to the mother in the pool. It can be used longitudinally for relaxing and reclining and width ways for active birth positions such as kneeling, squatting and forward leaning. Using a birth pool for labour and birth can have many benefits for both mother and newborn and now this can be easily achieved in your own home. We want you to have the birth you want.

GENERAL DESCRIPTION


An inflatable birth pool with an inflatable lid and disposable liner. Constructed from non-toxic, lead free eco vinyl for use in labour and water birth.

See fig. 1

A	Upper chamber
B	Lower chamber
C	6 Strong handles
D	Vertical anti deflate beams
E	Large inflation valves
F	White anti slip 8.5cm thick floor

IMPORTANT

- YOU MUST DISCUSS THE USE OF THIS POOL FOR LABOUR AND BIRTH WITH YOUR MIDWIFE OR DOCTOR BEFORE USE.
- FOLLOW ALL INSTRUCTIONS SET OUT IN THIS MANUAL.
- DO NOT FILL THE POOL WITH WATER EXCEEDING 60 DEGREES CELCIUS.
- REMOVE ALL SHARP OBJECTS FROM AROUND THE POOL.
- PLACE THE POOL OVER AN AREA CAPABLE OF WITH STANDING 600KG
- THE POOL SHOULD BE AT ROOM TEMPERATURE BEFORE UNFOLDING AND INFLATING
- DO NOT ALLOW DIVING INTO THIS POOL.
- DO NOT LEAVE CHILDREN UNATTENDED.
- CHILDREN SHOULD ALWAYS BE SUPERVISED BY AN ADULT.
- THIS POOL IS INTENDED FOR USE IN LABOUR AND BIRTH AND NOT FOR RECREATIONAL USE.
- EMPTY, DRY AND STORE SAFELY WHEN NOT IN USE.

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CHOOSING AN AREA FOR THE BIRTH POOL

The Aquaborn Eco Birth Pool needs to stand over an area capable of supporting a 600kg load. You may need to seek the advice of a professional.

There should be atleast 60cm of cleared free space around the perimeter of the pool to allow the midwife access.

Consider how large your waterproof cover needs to be to protect the floor against spillages. In many circumstances a large waterproof tarpaulin is adequate to protect the floor space.

Allow a space of at least 2.5m x 3m to set up and use the Aquaborn Eco Birth Pool.

NB. Ensure you have enough hose pipe to reach your chosen area for filling and emptying the pool.

PREPARE THE AREA

Remove sharp objects and corners from around the pool and your persons to avoid puncturing the pool.

Remove all electrical items and tripping hazards from around the pool.

Lay down your floor protection.

Place the pool in the centre of your cleared area on your water proof cover.

INFLATING THE BIRTH POOL

Ensure the valves are easily accessible for inflating and deflating.

Unfold the sides gently.

NB. Unfolding and inflating the pool when the pool material is below 5 degrees or above 20 degrees Celsius, voids the warranty.

Inflate the chambers in the following order:

- i. inflate the lower chamber
- ii. inflate the floor chamber
- iii. inflate the upper chamber

Check that all the valves are tightly closed (including the small valves in the side of the pool).

You may need to top up the chambers with air if this is the first time the birth pool has been inflated. **DO NOT OVER INFLATE.** The upper and lower chambers should feel firm but not hard. When water is added to the pool, the sides will become firmer.

The floor chamber may appear soft. This is normal. When water is added to the pool, the air on the underside of the floor chamber will push up and will make the internal floor surface feel firm.

FILLING THE BIRTH POOL

Start filling the Aquaborn Birth Pool with 12 cm of cold water first. Then fill with hot water. The hot water should not exceed 60 degrees Celcius.

Add hot water to the body of water and not against the sides of the pool.

Use a good water thermometer to monitor the water temperature.

The water in the birth pool needs to be approximately 37 – 38 degrees Celsius. This may vary depending on the mother's requirements.

DO NOT ADD BOILING WATER TO THE POOL.

Fill the pool to the top of the lower chamber. This level will increase once the mother is in the pool.

Filling usually takes between 40 and 60 minutes.

NB. This depends of your hot water system.

GETTING IN AND OUT OF THE POOL

The SIT AND SWING method:

Sit on the side of the pool holding a top chamber handle.

Step one leg at a time over the side of the pool wall, so that the mother is sitting with her feet in the pool water.

Gently lower into the pool water.

If there is difficulty in stepping a leg over the pool wall, the top chamber can be temporarily partially deflated, so that the mother sits on the lower chamber. Perform the 'Sit and Swing' with the assistance of one other person.

NB. Beware of spills. If you feel the water level is too high with you or you and your partner in the pool; you should remove some water with a clean sterile bucket.

EMPTYING THE BIRTH POOL

The pool can be drained in a variety of ways e.g. bucket, siphon or submersible pump.

Some methods such as the submersible pump will require straining the pool water before the appliance is used. Please check manufacturer's guidelines on your chosen emptying method.

If using a submersible pump, keep the power supply away from the pool and wet areas.

Remove the liner with any remaining water and dispose.

DEFLATING THE POOL

Ensure the pool is dry before deflating. Open both the upper and lower chamber valves fully to release the air. Depress the sides of the pool to speed up deflating the pool. Open the floor chamber valve. Fold into three sections longitudinally and then roll the pool in the direction of the open valves to expel the last of the air. Store in a clean and dry place.

If you require further information, please visit the Aquaborn website at www.aquaborn.co.uk or speak to the distributor in your country.