



Sacopee Valley Birthing Services
www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

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Frequently Asked Questions about Birth Tubs

Q: Do you all have a birth tub we can use/rent/borrow?

A: Yes! We have 5 tubs of 3 different types. We do not rent them, but they are available for you to borrow. We have clients borrow instead of rent, as there is some extra work on your end to get the tub ready. See below for details on client responsibilities.

Q: What kinds of tubs do you have?

A: We have 2 Aqua Doula tubs, one is an older model and one newer, both have heating units to keep water up to temp (but do not heat water from cold, the tub must be filled with hot). We have 2 La Bassine Professional inflatable tubs of two different sizes. We also have one Rubbermaid Horse Trough (never been used for feeding animals!) that works well, especially in smaller spaces since it is oval instead of round.

Q: Can I choose my favorite tub?

A: Most of the time, we can honor preferences or requests, but it may depend on who has what and where and how late the baby is that is coming before yours. We cannot guarantee your top pick will be available. We will let you know by 37 weeks which tub you will be using.

Q: How big are these tubs?

A: With the exception of the trough, all tubs take up about 5' of space all around. The Aqua Doula tubs hold more water than the inflatable tubs, since their sides are thin in comparison to the wide walls of the La Bassine tubs.

Q: Where can I get more info on the specifics of these tubs?

A:

- Aqua Doula- <http://www.aquadoula.com/>
- La Bassine- These are links to the liners, but show which the two different pools we have.
Bigger pool
<http://www.yourwaterbirth.com/pool-liners-floor-liners-mattress-covers-maxi-birth-pool-liner-p-2894.html>

Smaller pool

<http://www.yourwaterbirth.com/pool-liners-floor-liners-mattress-covers-la-bassine-®-custom-fit-liner-p-51.html>

- **Horse trough:** http://www.amazon.com/Rubbermaid-Commercial-Structural-Livestock-Black/dp/B00J9SMMNW/ref=sr_1_2?s=industrial&ie=UTF8&qid=1438018227&sr=1-2&keywords=4245+rubbermaid+trough&pebp=1438018236805&perid=1Y6ZH1GEDW2J9YG0C5J

Q: What supplies do I need for the tub?

A:

- You will need to get a disposable **tub liner**. Everything Birth.com sells the liners for the aqua doula, and so you can get that with your birth kit. That liner also works well for the horse trough. YourWaterbirth.com sells the liners for the La Bassine tub, see the links above. Use the code LBUSHNELL for a 10% discount on those.
- **A hose** to fill and empty your tub. You may want to research hoses for the least toxic variety. Drinking water safe hoses are better than garden hoses (these are white and can be found in the RV section of large stores or online), however they may still leach PVC. Another variety to try would be PEX . Here is a link that discusses its safety.
<http://www.greenbuildingadvisor.com/blogs/dept/qa-spotlight/how-safe-pex-tubing>
- **A tarp** or plastic drop cloth or shower curtain to put under the tub.
- **Extra towels**
- **A small fish net**, yes, as a pooper scooper.
- **An adapter** to connect your hose to the faucet (bathroom or kitchen sink, tub, shower). Please be sure to try this connection out BEFORE labor. Hoses can connect directly to the hot water that goes to the washing machine, most of the time.
- **Thermometer** for the tub. Floating baby-bath or fish-tank thermometers work well.

Q: Any tips for comfort?

A: Yes! If you are borrowing an **Aqua Doula**, some folks like to get a pool noodle, cut down one side with an exacto-knife or other tool, and fit it along the rim for padded, comfortable leaning against the edge of the tub.

If you are using the **Rubbermaid trough**, a large knee-pad is nice on the floor *under* your liner.

For the **La Bassine or Rubbermaid**, a very large heavy blanket or fitted sheet can be used as a cover when you are not in the tub to help keep the water warm.

Client Responsibilities for Tub Borrowing:

- **Picking up the tub** from the family who has used it before you. We try to keep these distances short, but you could have to drive up to an hour if you have a specific tub in mind.
- **Set up and pack up.** We will help you empty the tub following the birth. You are responsible for set up and pack up. The inflatable tubs come with an air compressor/pump. Aqua Doula set up directions can be found on their website.

- **Tub cleaning!** Each family will use a disposable tub liner, and therefore, the birthing water should not touch the pool. That said, these liners are not always foolproof. Each family is responsible for cleaning the tub (wiping down with a bleach solution) two times: when you first set it up *and* when you are done using it.

Please let us know if you have further questions. If you would like to borrow a tub, we will need to know that by 35 weeks. Thanks!