

Waterbirth Pool & Kit

1) **A limited number of waterbirth kits are available for rent from our clinic.** We are unable to guarantee that one will be available for you. Please sign up at the front desk as early as possible to avoid disappointment.

2) **Availability permitting**, you can plan to pick up your kit approximately **2 weeks before your estimated due date** (approximately 38 weeks gestation). Whenever possible, please provide our front desk staff with a couple of days' notice before picking up your kit. This will allow time to confirm whether or not we will have one ready for you. The best days/times for kit pick-ups are Monday – Thursday, 1:30 – 4 p.m.

***** The attached waiver MUST be signed and submitted to the clinic along with your cheques before the kit can be taken home. *****

After the birth, your kit should be returned to the clinic as soon as possible (within one week please) in clean and complete condition, so that we may prepare it for the next client.

3) **When picking up your kit, you must provide two (2) cheques made out to “Community Midwives of Kingston”:**

- **\$90** – This is your purchase of the liner. A liner **must** be used with **one of our pools**. This cheque will be deposited after the return of the kit **if** the liner was opened/used (i.e. no longer sterile and cannot be used by another client).
- **\$150** – This is a deposit only. It will be voided and given back to you (or shredded) once the kit is returned **and** we have determined all supplies to be in clean and complete condition.

***** We are unable to accept payment by credit or debit card. If you do not have cheques, you may bring in cash, but please note we cannot make change. *****

4) **You must purchase a clean hose for filling the pool, a faucet adaptor, and a small fish net or colander.** For more information on pool assembly, operation, and cleaning, please see the back of this page and also the instruction sheet within the kit.

Thank you.

SEE OVER →

Waterbirth Supplies Kit

The cost of our Waterbirth Kit is \$90 which includes a new, disposable liner for the pool. In addition, we require a separate deposit of \$150 which is returned to you once the kit is returned within one week of the birth in good, clean condition and in its entirety. Two cheques are the preferred method of payment.

The Kit includes:

- Inflatable pool and its carrying case
- Rubbermaid container and its contents
 - Electric air pump including adapter kit (for blowing up the pool)
 - Underwater flashlight
 - Utility pump and instruction sheet (for draining the water out of the pool after use)
 - Repair kit
 - Disposable pool liner
 - Waterbirth International information sheets in plastic protective
 - Cleaning solution
 - Waterproof thermometer

**** If any of the equipment is missing or not in perfect condition, please let us know before you use the kit. ****

You will need to purchase:

- ¾ inch or larger new garden hose (preferably one that can withstand hot temperatures)
- Any necessary faucet adapters to enable your hose to fit the desired faucet (kitchen, bathroom or laundry room facet). If your hose will not attach to the faucet, most hardware and home improvement stores supply inexpensive adapter parts. Ensure that your hose will attach to the faucet **BEFORE** labour begins!
- Small fish net (for aquariums) or small colander.

Set up:

It is your responsibility to thoroughly clean the pool prior to use. Once the pool is inflated, pour 1/3 of the provided antimicrobial cleaning solution into a bucket or sink of water. Use a cloth soaked in the solution to clean the entire pool inside and out.

Clean-up instructions:

- Drain water out of pool
- Dispose of plastic liner and used fish net
- Wipe down entire pool with soap (i.e. liquid dish soap) and water solution
- Next, wipe down entire pool with a cloth soaked in 1/3 of the provided antimicrobial cleaning solution diluted in a bucket or sink of water. Wash thermometer the same way
- **Let pool dry thoroughly prior to deflating**
- To clean the **PUMP** (not the electric air inflator): After emptying the pool with the pump, be sure to submerge the pump into a bucket of clean water and use the pump and hose to drain the bucket. Next, do the same again but add the remaining 1/3 of the provided antimicrobial cleaning solution into the water. Allow pump to air dry before returning to box.

Please read the 'Waterbirth International' instruction provided in order to ensure correct assembly and operation of our equipment. ENJOY!! You may wish to keep receipts for items (hose, fish net) in case you are unable to use the pool during your labour and wish to return items you have purchased.