



Versatile



Adaptable



Safe

What is the CUB?

The CUB is a modern innovation of the traditional birth stool and the widely used birth ball. Its innovative design supports all of the advantages of an active labour and an upright position for birth. Lightweight, adaptable, comfortable and easy to clean, it needs no special equipment and can be used in any environment. The CUB is a simple, easy to use invention that can help to decrease common obstetric complications, reducing emergency intervention and caesarean section rates.

What does it do?

The CUB comfortably supports the mother in an optimal, but adaptable upright position throughout labour and birth; giving her and her baby an increased opportunity to achieve a safer, easier and more comfortable birth. Active and spontaneous position changes are facilitated and supported by the CUB making upright positions including sitting, kneeling, all fours and squatting easier to achieve.

Where can the CUB support be used

The CUB can be used in hospitals, homebirths or in a birth centre. Lightweight and portable the CUB can be moved to wherever it is needed quickly and easily, helping to maintain an upright position for birth wherever you are."

Research

What does the research say about being upright during labour and birth?

Being upright during labour and birth can increase the available space within the pelvis by 28-30% giving more room for rotation and descent [6]

Uterine contractions are more effective. Some preliminary studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) infusion in stimulating contractions [8]

There is a 54% decreased incidence of foetal heart rate abnormalities when the mother is upright [6]

The length of the first stage of labour, between 3-10 centimetres can be significantly shortened when the mother remains spontaneously upright, active and mobile [1, 7]

Upright positions reduce the duration of the second stage of labour [3, 6]

Being upright has been shown to result in a 23% reduction in assisted deliveries- more space, less distress and a shorter labour results in fewer necessary interventions [6]

A 21% reduction in rates of episiotomy in women who give birth in an upright position [4, 6]

A 29% reduction in emergency caesarean sections [7]

Improved perineal integrity, less vulvular oedema [1, 4]

Reduced need for epidural [7]

References

- 1 Terry RR, Westcott J, O'Shea L, Kelly F. (2006). Postpartum Outcomes in Supine Delivery by Physicians vs Non-supine Delivery by Midwives. J Am Osteopath Association. vol. 106 no. 4, 199-202.
- 2 Keen R, DiFranco J, Amis D, Albers L. (2004) Non-Supine (e.g., Upright or Side-Lying) Positions for Birth. Journal of Perinatal Education. 2004 spring; 13(2): 30-34.
- 3 Lavender T and Mlay R. (2006) Position in the second stage of labour for women without epidural anaesthesia: RHL commentary. The WHO Reproductive Health Library, Geneva. World Health Organization. last revised: 15 December 2006.
- 4 Nasir A, Noorani K.J., Korejo R. (2007) Child birth in squatting position. Department of Obstetrics and Gynaecology, Jinnah Postgraduate Medical Centre, Karachi.
- 5 Shermer RH, Raines DA. (1997) Positioning during the second stage of labor: moving back to basics JOGNN: Journal of Obstetric, Gynaecologic, and Neonatal Nursing. Nov-Dec; 26(6): 727-34.
- 6 Gupta JK, Hofmeyr GJ, Smyth R. (2012). Position in the second stage of labour for women without epidural anaesthesia. Cochrane Database Systematic Review. May 16,5 .CD002006 doi:10.1002/14651858.CD002006.pub3.
- 7 Lawrence A, Lewis L, Hofmeyr GJ, Dowswell T, Syles C. (2013) Maternal positions and mobility during first stage labour. Cochrane Database of Systematic Reviews Issue 2. Art. No.:CD003934; DOI: 10.1002/14651858.CD003934.pub2.
- 8 Read JA, Miller FC, Paul RH. (1981). Randomized trial of ambulation versus oxytocin for labour enhancement: a preliminary report. Am J Obstet Gynecol. Mar 15;139(6):669-72.



Maximum user weight: 120Kg
Product weight: 2KG
Material: 0.500mm Biocompatible PVC
Double layered thickness seat and floor covering
Two separate inflation valves/chambers
Complies with EN71



Information

for parents and professionals

Better for mum, Better for baby.
www.waterbirthsolutions.com

POSITIONS TO USE YOUR CUB SUPPORT IN:

A 29% reduction in emergency caesarean sections.

There is a 54% decreased incidence of foetal heart rate abnormalities when the mother is upright.

Being upright has been shown to result in a 23% reduction in assisted deliveries - more space, less distress and a shorter labour results in fewer necessary interventions.



Getting the best from your **cub**[®]

The **cub**[®] Support is a semi disposable product, but if cared for properly, it should be suitable for multiple uses. However as an inflatable product, it should not be expected to last indefinitely.

Do not allow anyone to "play" with the **cub**[®]

Do not allow more than one person to sit/use **cub**[®] at any one time, including partners, staff, and visitors.

The **cub**[®] requires regular cleaning & inspection to remain in good condition

When not in use, the **cub**[®] should be stored deflated

TWO SEPARATE INFLATION VALVES

The CUB can be used with only the top chamber inflated to increase its versatility.

DOUBLE LAYER TOP & BASE

Minimise risk of puncture on surfaces with most direct contact.

LARGE STABLE BASE

Ergonomically designed to promote comfort & stability.

TWO SEPARATE INFLATION CHAMBERS

A safety feature designed to prevent total deflation if the CUB is punctured in one chamber.



FACTS

Being upright during labour and birth can increase the available space within your pelvis by 28-30% giving more room for baby to be born.

Some preliminary studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) infusion in stimulating contractions.



INSTRUCTIONS FOR USE



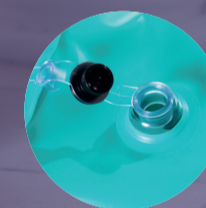
TO INFLATE

Unpack the CUB Support and unfold.

Locate the two safety inflation valves at the back of the CUB Support.

Insert the nozzle of the inflation pump into the black section of the valve.

Inflate each chamber of the CUB until it is firm to touch.



TO DEFLATE

Simply remove the black section of the valves and allow the air to expel.

The CUB's double section valves are a SAFETY feature of the product. Once fully inflated and during use, the valves must be pushed in firmly.

The CUB Support is now ready to use!

CAUTIONS

Keep away from open sources of heat – the CUB is PVC, which can distort & melt when close to direct heat.

Keep away from potential source of puncture, particularly hard uneven surfaces or sharp objects.

Do not inflate the CUB unless it has been stored at room temperature for at least 4 hours.

The CUB should never be used as child's toy, child's seat or in a swimming pool.

Please ensure you have read through all the instructions for use in this CUB information leaflet. Please take the time to watch the CUB animation.

The CUB Support should only be inflated once it has reached ROOM TEMPERATURE. If the

The CUB should never be used to sit or lean on by more than one person at any one time.

Product warranty does not cover loan, hire or multiple uses of the CUB.

THE CUB SHOULD ALWAYS BE USED AFTER CONSULTATION WITH YOUR HEALTHCARE PROVIDER DURING PREGNANCY.

CUB has been stored in cold environments, including the car, please allow to warm up to room temperature prior to use.

Inflating the CUB whilst cold may cause damage to the CUB.

CLEANING AND STORING THE CUB SUPPORT

We recommend chemical cleaning using one of the following cleaners:

Antibacterial spray or wipes

Sporicidal spray or wipes

Diluted bleach solution
Hypochlorite

The CUB Support should be cleaned thoroughly between uses. Personal Protective Equipment (PPE), such as gloves and aprons, should be worn (where appropriate)

Whilst the CUB Support is inflated:

1. Rinse off all visible surface contamination with clean water until it looks clean on every surface – pay attention to seam, valve and base areas.

2. Dry the CUB with a clean disposable cloth, such as a household kitchen towel.

3. Spray or wipe the CUB with a selected cleanser from the above recommended products.

4. Allow the CUB Support to air dry completely

5. Deflate and store the CUB Support

TROUBLESHOOTING

If over a period of time, the CUB is deflating, consider the following:

1. Top up the CUB with air – the CUB is made of PVC, which stretches with repeated use, particularly in warm temperatures

2. If only one chamber is deflating, refill with air & ensure both inflation valves are firmly pushed into the CUB

3. If a puncture is suspected, re inflate the CUB and locate the puncture by rubbing a small amount of washing liquid/bubble bath over the seams & valves/area of suspected damage. Push down gently on the CUB & identify any small bubbles appearing. Then locate the area to apply the repair patch.

4. A torn seam cannot be repaired and is an indication of excessive pressure or weight being placed on the CUB.

5. As an inflatable product, the CUB is not designed to last indefinitely & should be expected that frequent use will naturally degrade the product sooner than occasional/infrequent/single user use.



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