

THANK YOU FOR YOUR PURCHASE!

This instructional document includes video instructions and written step-by-step instructions for the use and care of your new inflatable birth pool, along with our return policy and warranty info. If you have other questions or comments, email us at info@waterbirthsolutions.com

VIDEO INSTRUCTIONS

A set of videos have been created exclusively by Waterbirth Solutions to walk you through every step of setting up and taking down your new inflatable birth pool, as well as caring for your drain pump. Visit the links below to view each video in your web browser.

Birthing Pool Inflation (Part One) <https://youtu.be/NPNijOKFDXk>

Birthing Pool Inflation (Part Two) <https://youtu.be/4NOrHEnFbGE>

Attaching Filler Hose to Home Faucet <https://youtu.be/RWn6oUvnADY>

Filling the Birth Pool <https://youtu.be/9e-Gsv7rovE>

Emptying the Birth Pool <https://youtu.be/OsQGo1dly0E>

Care of the Drain Pump <https://youtu.be/7B0BSFRLhk8>

WRITTEN INSTRUCTIONS

Things to do before labor begins:

- **IMPORTANT:** Both pool and liner **MUST** be at room temperature before unfolding and inflating.
- Remove from all packaging and leave to stand for 72 hours if they have been exposed to temperature below 50°F, if it is wintertime, or if your pool has been shipped via air. If the pool is cold to the touch, do not unfold it.
- Read the instructions – they are a valuable distillation of many experiences with the pool.
- Practice setting up the pool to familiarize yourself with it before labor begins.
- Check that the faucet adapter (if ordered) will fit a faucet in your home. We cannot guarantee that any supplied by us will fit your faucet. We have chosen an adapter that fits most standard faucets. If the adapter does not fit yours: Call Waterbirth Solutions, Inc. to order a shower adapter, or you may prefer to find an alternative at a good hardware store i.e.Home Depot or Lowe’s.
- Please make sure children are not left unattended around pool, and that all sharp objects and pets are kept away from pool.

Setting up your Birth Pool in a Box - 10 to 30 minutes

IMPORTANT: Both pool and liner **MUST** be at room temperature before unfolding and inflating. Remove from all packaging and leave to stand for 72 hours if they have been exposed to temperature below 50°F (10°C).

	<i>Action</i>	<i>Tip</i>
1	Prepare floor area: <ul style="list-style-type: none"> • Remove sharp objects • Sweep/vacuum floor • Place floor cover on floor 	The midwife will want access to assist from 3 sides of the pool. A floor covering is recommended.
2	Inflate floor and seat to firm and close valve firmly.	Twist nozzle as you insert until you get a soft click.
3	Inflate 3 side chambers with valve set to inflate position. Leave top chamber less than fully inflated – wrinkled – to enable disposable liner to be fitted.	Twist nozzle as you insert. Over-inflation is a cause of failure, so do not use high pressure inflation devices.

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| 4 | Place disposable liner on pool with holes fitting over handles and valve to secure liner. Complete inflation of top chamber. | Liner can stretch. Always use a new liner for birth. |
| 5 | Discuss with your midwife whether the pool height is appropriate. To reduce total height, open valve on middle chamber for a few seconds. | Middle chamber must be at least 8" to retain stability. |
| 6 | Put away electric inflation pump and any other portable electrical devices before filling pool with water. | |
| 7 | Prepare other items you need. We recommend a clean bowl or bucket to remove water if necessary, when topping up. | |

Filling Birth Pool in a Box – 40 minutes to 2.5 hours

Filling time depends on your hot water system. A powerful on-demand water heater will fill the pool in about 40 minutes. Always use a liner even for practice runs – it is a redundant container for the water in case of an accident or problem. The warranty is voided if you do not use a new liner for the birth. Do not use an electric heater of any kind with any inflatable pool to avoid risk of shock.

Action

Tip

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| 1 | Attach tap-hose connector to tap and secure hose onto connector. If you are re-using a connector and/or hose, you can reduce risk from bacteria by flushing and soaking in a sterilizing solution. | Never re-use a hose that has been used to empty a pool after a birth. |
| 2 | Run warm water through hose into a sink or drain for 2 minutes. Then turn the faucet off. | This helps flush any rust/debris that may be in your pipes. |
| 3 | Push the open end of hose through a top handle (if applicable) and lay on floor of pool. | Too little hose inside pool may result in water spraying! |
| 4 | Begin filling pool with water at approx 100°F. The water temperature will drop 2-5°F while filling. | Do not use water above 100°F. |
| 5 | Flatten and smooth out folds and kinks in the liner, removing any air pockets. | Air is expelled through holes around top handles. |

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| 6 | Place heat retention cover (if any) on top of water or pool. If there is a foil side, place the cover foil-side down. | |
| 7 | Mix up water and monitor water temperature every 10 minutes and adjust as required. | Some thermometers need to be held vertically for 90 seconds. |
| 8 | Fill with water to top of middle chamber. | You can add more water later if needed. |
| 9 | Top up wall chambers with air as required using pump. | The heat from water expands the material and reduces firmness. Over-inflation is a cause of failure. Do not over-inflate. |
| 10 | Remove thermometers and filling hose from pool before entering. | Thermometers designed for use in birth pools or hot tubs/spas may remain in pool during use. |

Emptying Birth Pool in a Box – Using Drain Pump – 30 to 40 min

<i>Action</i>	<i>Tip</i>
1 Remove any debris from the water with a debris net or household strainer and discard.	Debris may block the Submersible Water Pump.
2 If using the drain pump supplied by Waterbirth Solutions, Inc., simply thread the hose into the threaded receptacle on the pump.	Consider using a standard garden hose to drain the pool – keeping your lead-free non-toxic hose clean for other uses.
3 Lower pump to bottom of pool at one end of the pool, suction cups facing down to the floor.	The suction cups will not work on the liner.
4 Place other end of hose in a toilet or bathtub. Plug in pump.	Check Submersible Pump instructions for troubleshooting.
5 When pump starts to suck air, remove liner from one end and pull towards pump to increase water depth. Unplug pump once water stops flowing.	Do not leave pump unattended.

- 6** If you plan to use pump again do the following:
- Empty a bucket of fresh water using pump and hose
 - Refill bucket and add sterilizing fluid or tablets
 - Place open end of hose in bucket and plug pump in to cycle fluid around
 - Leave to stand for 5-10 minutes
 - Drain pump and hose and stand/hang to dry

Re-using pump and hose after birth requires proper sterilization between uses and is not covered by the warranty. Drain pump and hose should only be used with gray water (never touching clean water meant for a patient).

- 7** Dispose of all items disposable and not required again: liner, debris net.

The liner can be used as a bag for all these items.

Cleaning and Packing Away Birth Pool in a Box

Action

Tip

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| 1 | Wipe with a cloth soaked in detergent. Soak a cloth in sterilizing solution and wipe again. Stand to dry. | |
| 2 | Deflate pool by opening all valves to deflate position. Floor and seat will need to be actively deflated using a pump. | Move pipe or nozzle on pump to the deflate position marked on pump. |
| 3 | Fold pool to fit into nylon bag. Air will be expelled through large valves as you fold. | The bag is generously- sized. |

Storage Information

Storage of your pool is important and can prolong the use of your birth pool. **Store it at room temperature** and protect it from punctures. A rigid tote like Rubbermaid is best for storage in a closet and can make transport easier. Keep in mind that storage in your car trunk during the summer will make the pool stretchy and storage in a cold locker will make it brittle. Both hot and cold extremes will shorten the birth pool life span.

If you have the space to keep it inflated all the time, relieve some pressure by letting some air out. If you leave it fully inflated all the time, it will eventually stretch in size and your liners will no longer fit.

RETURN POLICY AND WARRANTY INFO

Return Policy

We recommend you set-up your birth pool when you first receive it to ensure it is working properly. We recommend you allow the birth pool to acclimate to room temperature for 72 hours (especially if it just came off a delivery truck in the middle of winter!) After it acclimates, inflate all chambers and allow it to sit overnight. It should hold air and be firm in the morning. In the unlikely event of a manufacturer's defect, please contact us promptly via info@waterbirthsolutions.com or at (360) 385-1774, so we can resolve the issue immediately.

Please ensure there is enough shipping time before your due date. We are not responsible if you place an order, receive it promptly, and you're unable to use it.

Birth is an uncontrollable event and we'd like to provide for some flexibility. If you receive your order but are unable to use it for medical reasons and it is completely unopened (still sealed), we will give you a refund less 20% re-stocking fee, once you ship the order back to us. The cost of shipping is your responsibility.

Birth Supplies, DVDs, Books and Opened Birth Pools are non-refundable, unless defective.

If you order a pool and change your mind once you've received it, we will give you an in-store credit to purchase the pool you desire. Unfortunately, only unopened pools can be returned.

Any questions, please give us a call at (360) 385-1774.

Warranty Covers: Personal Pool - One (1) use as a birth pool and Professional Grade - Forty (40) uses as a birth pool by the original purchaser. The warranty will not apply if:

- Pool is used without a form-fitted disposable liner
- Punctured by pet or any sharp object
- Instructions are not followed
- Used more than 1 time for Personal Pool and 40 times for Professional Grade Pool
- Used outdoors
- Used against advice of midwife or obstetrician