



# Waterbirth



## Water immersion and waterbirth are forms of comfort and pain relief during labour and birth.

Your baby is born under the water and then brought to the surface of the water. You will leave the bath to deliver the placenta.

Water immersion can reduce the length of labour and reduce the need for alternate pain relief for some women.

All healthy women with uncomplicated pregnancies at term are given the option of water immersion and waterbirth.

There are exceptions to water immersion and waterbirth and these will be explained to you by your doctor or midwife.

Waterbirths are offered at Nepean and Blue Mountains Hospitals.

You are able to labour in a warm water bath at Lithgow Hospital but you will be asked to get out of the bath when the time comes to begin pushing and for the delivery of your baby.

A waterbirth can be an option if:

- you have a support person with you at all times
- you weigh less than 100kg
- you or your baby have no underlying medical conditions

- you have not had an injection of morphine
- you do not have an epidural
- your baby does not require continuous monitoring
- your baby is not showing signs of distress
- the fluid around the baby is not meconium stained
- you have not had a large blood loss after previous deliveries

## Can I use the gas (nitrous oxide) for pain relief in the bath?

Yes, this form of pain relief is available to you if requested.

## Will my baby try to breathe under the water?

No, your baby won't try to take a breath until their face is above the water and they are stimulated.

## Will I become dehydrated?

We encourage you to drink plenty of water during your labour to stay hydrated.

## What if something goes wrong?

You will be helped out of the bath by the midwife and your support person.

## Can I deliver my placenta in the water?

No, you will be asked to leave the bath to deliver the placenta out of the bath for safety reasons.

### Birth Unit Contact Information

**Blue Mountains**

(02) 4784 6572

**Nepean**

(02) 4734 2295 or (02) 4734 2294

**Lithgow**

(02) 6350 2324



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