



www.MandalaMidwifery.org

made in  water
la bassine professional



170cm X 135cm X 65cm (67" x 55" x 26")
ECO Vinyl (no phthalates, cadmium or lead)
Inflatable floor for comfort
Pair of solid handles
'La Bassine' ® registered design

Made in Water Ltd
www.madeinwater.com

Checking your Pool for factory flaw

La Bassine Pro is thoroughly tested to guarantee high standards of quality. Less than 1% of our products are reported faulty. However please test your birthing pool to avoid any last minute problems during Labour.

Rarely a pool may have been damaged during transport or a hidden defect may have been missed. **We do not recommend the use of untested pools for labour.**

What to look for:

Air leak

Leave your pool inflated overnight to check for any air leak. **Make sure that all valves are screwed firmly enough.** A small loss of pressure after 12 hours is normal. Any inflatable will lose some air overtime.

The appearance of wrinkles on the top of the pool and a very soft wall are signs of abnormal deflation. This may be due to a pin hole or a faulty valve.

Water leak

Fill your pool with just enough water to cover the floor and check for any water leak around the pool. As this is likely to be only a very small tear or pin hole, you may want to leave the water for at least 20-25 minutes before noticing a small puddle.

In the event of a defect please refer to the manufacturer's warranty on page 8.

Liners

La Bassine Pro pool comes with a set of special disposable liners, which need to be fitted on the pool before every birth.

Our liners are made with the same eco material than the pool and therefore are free of cadmium, lead and phthalates.

To avoid possible flooding

1- Inflate walls to firm:

- Before inflating the pool, be certain that the internal ring on the air valve is closed tightly
- Inflate air walls to firm (you should be able to lean on the wall without it collapsing).
- If you notice that the pool wall is starting to collapse after filling the pool with water, this is because there is not enough air pressure in the walls. Please open the top cap of the black air valve and inflate until the pool regains its original shape and is firm.

2- Proper water depth:

- Fill the pool only to the recommended line at first.
- Add more water **if necessary** once the birthing woman is in the pool.

3- Damaging the pool:

- Never fill with water over 39 degrees Celsius (100 degrees F) as this will weaken and damaged the material.
- **La Bassine Pro** is designed for multiple uses with a minimum guarantee of 10 births.

Important notice: Always use a liner this make cleaning easier and safer but also increase the durability of the pool.
Make sure to empty the pool soon after every use.

- Inflatable need careful handling to avoid pin hole, cut or abrasion. However if this happen, it can be repaired easily with the included PVC repair Kit

Inflating your pool

Cold weather WARNING:

In cold weather the material of the pool (Vinyl) can become brittle; we strongly recommend that you wait until the next day you receive your pool to inflate it.

You need an electric air pump or a manual air pump with three different nozzle attachments to fit all valves.

Most battery powered pumps do not have enough power to inflate the birth pool to its full pressure. 3 or 5 L foot pumps, dual action hand pumps or mains powered pumps are a better option.

1 – Unpack your pool, on a clean surface, free from sharp edges and nails

2 - Start by inflating the floor. Open the white valve, insert the appropriate nozzle and inflate until the floor is firm. Take the nozzle out and close the valve.

3 – Inflate the wall using the large black valve, on the side.

The black valve:

This valve has two parts. The first one is the cap which needs to be unscrewed to fit in the nozzle's air pump to inflate your pool. The second part is the base cap, used only to deflate your pool quickly.

Make sure the valve is firmly screwed into the base. Unscrew the square top and attach the hose of a pump designed for use with inflatable products.

This valve has an air retention option which allows you to add more air to the wall of your pool if needed, even when the pool is full of water.

The small white valve on the wall is only for deflation (see *Deflating and packing your pool away*)

If inflating your pool for the first time, leave it inflated for few hours to check for leaks, before filling with water (see *Checking your pool for factory flaw*)



Cleaning your pool

Once the pool is empty wash the pool inside and out with warm water and soap solution (washing up liquid is fine) and a soft cloth. Rinse the pool with clean water (in the garden with a hose pipe is easiest) then wipe over the inside with a sterilising solution made up to manufacturer's instructions and kitchen towel then leave to dry thoroughly before packing away.



Filling your pool

If you are filling the pool for the first time, fill your pool with just enough water to cover the floor and check for leaks.

To fill your birthing pool, you need a clean hose and tap connector to attached the hose to your chosen tap. There are various types of connectors available from local DIY shop or through our website, depending on the shape of your tap.

Once you have attached your hose to your water source, you can start filling the pool. Always start by 1-2 inches of cold water before adding the hot water to avoid damaging the vinyl. Fill with warm water from a mixer tap if possible. Use a thermometer as soon as you start filling to help you to adjust the water temperature, ensuring that it is not too hot for you to step in.

Note: If your pool becomes stretched under the weight of the water, inflate it using the first black valve until it regains its shape.



Temperature

A floating thermometer allows the temperature to be easily monitored. During the first stage of labour most women are comfortable at 35-37 degrees Celsius. Temperature maintenance is easiest when the filling tap is left connected (free end in a bucket near pool) and several buckets of pool water replaced by hot tap water (hold end away from anyone in the pool). The pool will need to be topped up with hot water about once an hour; this is a great job for partners and Doulas. During the second stage of labour (when actively pushing the baby out), the water needs to be maintained at 37-37.5 degrees for the baby to be born into water at blood temperature.



Emptying the pool

Emptying is easiest with a water pump available from made in water or other stockists. The pool can be emptied by siphoning off the water to a lower level drain or by buckets (takes a very long time). When pumping or siphoning the pool ensure no large pieces of solid matter enter the pump or hose, placing a mesh (sieve) over the inlet should stop this. Any residue in the bottom of the pool should be disposed of down the toilet.



Cleaning accessories

Hoses can be disposed of after use, or need to be flushed with clean water and then submersed entirely in sterilising solution eliminating air pockets (in the bath or pool) and left to soak for time indicated by product instructions (if it has been used to empty a used pool). Water pumps should be operated in clean water to flush them.



Deflating and packing your pool away

1. Open the base black valve on the side of the pool to let most of the air out, in the meantime deflate the floor with the smallest nozzle of the pump until all the air is removed.
2. A small amount of air will remain into the side of the pool. Replace the large black valve and continue deflating the walls with the small white valve. Insert the correct nozzle and continue deflating the walls with the pump until all the air is removed (the pool should look shrink wrapped).
3. Ensure the walls are folded in over the base; fold the pool in half length ways before rolling it and placing it back in its bag. Store somewhere cool and dry.

Important Rental Information

A tub rental is scheduled and reserved on a per birth basis. Rental reservations will be confirmed with a signed Tub Rental Contract and full payment. The tub is acquired for a four to five week window, generally beginning at the 37th week of pregnancy. The tub and all of the equipment must be returned before two weeks after the Estimated Due Date, unless other arrangements have been made. ***Once the tub is acquired there are no refunds even if the tub is unused.***

Care for Tub: Assembly, use, cleaning, disassembly and care of the tub and all the included materials must be handled according to the directions and Instruction Guide provided. After the birth and use of the tub, the tub needs to be properly cleaned and stored using the directions given. Any missing or damaged equipment or materials may incur additional charges.

Additional Rental Weeks: The tub may be rented in advance for additional weeks at \$50/week. There is no guarantee unless confirmed and paid for in advance. If the tub is retained and returned after the end of the agreed upon weeks, a \$75/week fee will be charged for each week thereafter.

Infection Control Policy: The tubs and accessories are cleaned between rentals with Tincture of Green Soap. Each rental is provided with a form fit disposable liner and is required to be used with filling of the tub. The disposable liners are 4mm thick, latex free, Low Density Polyethylene (LDPE) plastic and are double sealed to prevent leaks. The disposable liner covers the inside as well as the outside of the entire tub. After use, remove and dispose of the liner.

Accessories not provided, but may be desired or necessary:

Required: A tarp for underneath and surrounding the tub.

A standard faucet adapter is included. If it does not fit the intended faucet, another adapter will need to be purchased. Test the adapter in advance!

Optional: Bath mats or towels to surround the tub.

A booster seat, particle or chlorine filters, or an extra tub liner.

Accessories may be purchased/rented at an additional cost along with the confirmation of the tub rental. Visit www.Breathe-Esther.org for fees.

All rentals and purchases include tax.

DISCLAIMER: Assembling, filling, and using the tub is done so in the full discretion of the user. Esther Schmidt/Breathe Midwifery expressly accept no liability for any and all injury to person and/or damage to property that may be incurred by the assembly, filling and otherwise use of the tub, including but not limited to damage caused by weight limitations with respect to structural support, and water damage caused by water displacement or leakage of the tub.

Why Water Birth?

Imagine sitting in a warm (body temperature) bath, large enough to move, float, dance, be held, sway, change positions, squat, kneel, and give birth in any way you deem necessary. That warmth and buoyancy create an actual physical and hormonal response in you body. You relax, decreasing the amount of stress hormones, your blood pressure drops slightly and you give more oxygen to you baby. Your mind can more easily shift into the primal instinctive part of your brain that knows how to give birth, and knows what to do to allow your baby to be born.

The water becomes your support, like 1,000 hands holding you and caressing you. It is perfectly safe for the baby to be born in water. The baby has been growing in a fluid-filled sac, floating happily throughout your pregnancy. When baby is born into the warm watery environment of the birth pool, babe adjusts first by stretching the arms and legs. The breathing mechanism is delayed until baby is out in the air.

Water birth is nothing short of miraculous!!

Some Benefits of Water Birth:

- Provides significant relief
- Facilitates mobility
- Enables the mother to assume any position
- Gives mother more feeling of control
- Promotes relaxation
- Conserves energy
- Reduces the need for drugs and interventions
- Speeds up labor
- Reduces blood pressure
- Reduces perineal tearing
- Reduces the need for Cesarean Section
- Is highly rated by mothers and midwives
- Encourages an easier birth for mother
- Provides a gentle welcome for baby



Birth Tub Rentals

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