



The National Maternity Hospital  
Vita Gloriosa Vita ~ Life Glorious Life

## CONTACT

The National Maternity Hospital  
Holles Street  
Dublin 2  
D02 YH21



Ask about this option when  
attending your antenatal clinic  
appointment.



<http://www.nmh.ie>



The NMH Guide to keeping  
healthy in pregnancy



The NMH Multidisciplinary  
Digital Learning Team

Start Course



The NMH Guide to labour and  
childbirth



The NMH Multidisciplinary  
Digital Learning Team

Start Course



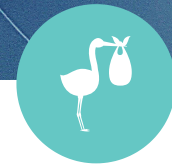
Visit [www.nmh.ie/elearning](http://www.nmh.ie/elearning), a *free*  
NMH online resource filled with lots  
of useful information & videos.



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# HYDROTHERAPY AT THE NMH LABOUR WARD

INFORMATION LEAFLET



## WELCOME TO THE NMH

In The NMH, we currently have 12 birthing rooms, which accommodate the use of water in labour, either using the Hydrotherapy pool or a shower.

### DID YOU KNOW THAT WATER IS A VERY USEFUL TOOL FOR WOMEN IN LABOUR?

- The relaxing effects of water helps to produce endorphins, which promote the body's natural pain mechanism.
- Provides a calm, quiet environment for you to labour.
- Supports your body weight enabling ease of movement and greater comfort.
- There is strong evidence that water immersion during the first stage of labour reduces the use of other forms of pain relief.



### HYDROTHERAPY IS A SUITABLE OPTION FOR YOU IF:

- You are healthy with no underlying medical conditions.
- You have an uncomplicated pregnancy with a BMI of less than 35 at your booking visit.
- Your labour starts itself.
- You are having one baby, which is in the head down position (cephalic).
- Your waters have remained intact or have not been broken for more than 18 hours.
- You can demonstrate good mobility and the ability to get into and out of the pool with ease.

If you satisfy these criteria and are eager to be active in labour, please speak the midwife on arrival to the Labour and Birthing Unit.

## LABOUR & BIRTH

- The midwives in the Labour and Birthing Unit will be there to give you emotional support and encouragement during your labour and birth. They will listen to your baby's heart rate for a full minute every 15 minutes in the first stage of labour and more frequently in the second stage.
- You will be encouraged to adopt different positions and to use relaxation and breathing techniques while in the pool. You may get in and out of the pool at any time.
- The midwives will observe you closely and when the birth of your baby is approaching, they will ask you to leave the pool.
- Please note, water births are not facilitated at The NMH.

