

Birth Tub Item Check-List, Set Up and Cleaning

Items included with tub

1. Duffels bag with shoulder strap
2. Padded Stainless Steel Legs (6)
3. Interconnect Rail Stainless Bars (6)
4. Main Liner (Dark Blue)
5. Rail Padding Sections (2)
6. Ziploc with velcro straps for rail padding
7. Pump in Box
8. Padding to be placed under pool
9. Thermal cover, for heat retention
10. Extra Heavy secondary liner (dark green) disposable
11. Thermometer
12. List of equipment and instructions

How to Assemble the Tub

1. Remove all items from Storage Duffel and check with listing above. If any items are missing, call Mary Lou at (310) 318-6850
2. Spread out Main Liner (dark blue) and have padded stainless steel legs and interconnect rail stainless bars within easy reach.
3. Take a padded stainless steel leg and slide it through the two ribs on side of the main liner with curved section on top.
4. Take an interconnect rail stainless bar and slide it through the sleeve on the main liner that is next to the padded stainless steel leg you have already inserted.
5. Push in the button on the interconnect rail stainless bar and insert it into the padded stainless steel leg until the button pops through the hole in the padded stainless steel leg.

***Note: This can be practiced first using the interconnect rail stainless bar and padded stainless steel leg without the main liner.**

6. Repeat step #5 until all six interconnect rail stainless bars and six padded stainless steel legs have been connected. The main body of the tub should now be in place.
7. Center padding under assembled tub.
8. Place rail padding sections around top frame of tub evenly.
9. Secure padding in place with velcro straps.
10. Center disposable liner (clear) over assembled tub.
11. Push disposable liner **INSIDE** assembled pool so that the excess is equally distributed around the tub.

***Note: The disposable liner is what makes the pool sterile from user to user so do not forget to put it in. Putting it in will save you a lot of time cleaning the pool.**

12. Stepping into the tub, stand at center and sliding your foot to side, repeat this until the secondary liner is fitted to assembled tub.

***Note: This should be done after your shoes have been removed.**

13. The tub is now fully assembled and ready for filling.
14. REMEMBER; assemble the tub in the location it is to be used.

Filling

1. Taking hose with universal sink connector, attach one end to sink and have the other end inside the tub.
2. Turn the water on; checking the temperature using the thermometer supplied. (About 100 degrees F)
3. The tub should be full enough to allow your whole abdomen to be submerged. Keep in mind, it will rise when you enter it. You may want to leave a little extra space to add more hot water as time allows.
4. The thermal cover will help with heat retention for short periods of time and is not meant to keep the water hot for days, so filling should occur when you are in labor.

Emptying the tub

1. Empty the tub of extra items that may have gotten in the tub during the birth (washcloths, large clots, etc.)
2. Connect the clear hose to the pump.
3. Place the open end of the clear hose in the place you want the water to drain (bathtub or toilet)
4. Place the pump in the tub and turn it on.

Cleaning the Tub

1. After the tub is empty, throw out the disposable liner.
2. Pour the disinfectant solution provided into a 2 –3 gallon pail or bucket, then fill with water.
3. Wipe down the blue liner on the inside and outside.
4. Allow tub to air dry before disassembling and reloading in the carrying case.
5. To clean the emptying hose and pump, place pump in the bucket with diluted disinfectant.
6. Turn on the pump and allow cleaning solution to flow through emptying hose into a drain.
7. Fill bucket again with plain water and repeat step 6.
8. Check the supply list as you reload the tub equipment into the carrying case to assure that the contents are complete.