



Bath birth

How do you like the bath?

An important day is coming soon ... the day when your baby will be born! In this leaflet we will inform you about the upcoming bath birth.

A bath birth is a natural event where the mother sits in the water and the baby is born underwater.

01 Choice and preparation

During the consultation with the gynaecologist or midwife, you can find out more about the pros and cons of a bath birth. Here you will also be screened for any contraindications. This will play a role in deciding whether or not you can give birth in a bath.

During a tour of the ward, you can learn more about our delivery baths.



02 Conditions

The pregnancy must not have any complications and you must be between **37 and 41 weeks** pregnant to be eligible for a bath birth. Multiple pregnancies are excluded and the baby must be head down. In addition, you will be asked to sign an informed consent. In it, you indicate that you have been correctly informed about and understand the pros and cons of a bath birth.



03 What do I bring with me?

- ✗ Signed informed consent
- ✗ Bathrobe
- ✗ Slippers
- ✗ Bikini top or sports bra if you wish
- ✗ Large bath towel

04

Progression during labour

Sint-Trudo Hospital has **two delivery baths** and **one labour bath**. On admission, inform the midwife of your wish to give birth in the bath. Warm water is relaxing and contractions are experienced as less painful.

You can enter the bath if you are in active labour. This means the contractions are coming through strongly and regularly and there is already some dilation of the cervix.

Bath birth is also possible if the water breaks. During labour and delivery, you will be accompanied by the midwife. Monitoring the dilation and listening to the baby's heart tones can take place in the water.

Each situation is assessed individually by the gynaecologist and midwife on duty. In fact, unforeseen circumstances may arise during labour or delivery, making it impossible for labour and/or delivery to take place in the bath. You will in this case be asked to leave the bath.

05

Birth

As soon as the baby is born, he will be escorted to the surface of the water. This is done at a gentle pace.

The baby is still receiving oxygen through the umbilical cord and may not immediately switch to active breathing. Due to the warm water,

this reflex may occur later. After the birth of the baby (and possibly placenta), we help you out of the bath. After this, we install you in bed together for further skin-to-skin contact on the maternity ward.



A delivery

**The one blind date you are sure to meet
the love of your life.**

**Be sure to take a look at
our webpage.
Scan the QR code below:**





Questions?

If you have any questions after reading this leaflet, don't hesitate to ask:

maternity ward/department H1
tel: 011 69 98 41

<https://www.sint-trudo.be/en/departments/maternity>



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