

Warm Water Immersion in Labour and Birth

You may be considering using water for pain relief during the first stage of your labour or having a water birth.



Known Benefits of Warm Water Immersion In Labour and Birth

- Some women believe a water birth is a more natural and less stressful experience for them and their new baby
- Water immersion in labour provides an environment where women retain control of their experience resulting in increased satisfaction and emotional well being.
- Water relaxes the mother's muscles and improves blood flow.
- Water may reduce vaginal tearing, thus helping the mother avoid an episiotomy or stitches
- Randomised controlled trials have found that water immersion in labour decreases women's experience with pain and lowers the use of epidural analgesia and reduces the duration of 1st Stage of labour (Cluett et al. 2004)

More information on precautions and contraindications will be discussed at your appointment with your Obstetrician or Midwife.

Further Reading:

It is advised that you seek more information about the use of water for labour and/or birth which will help you to be fully prepared for the experience.

There are many informative websites and research articles on Warm Water Immersion in Labour and Birth including the latest Cochrane review which provides a full overview of all the latest research and information. This review can be found on the Cochrane library - www.thecochranelibrary.com