

You have options!



The Carl R. Darnall Army Medical Center is proud to offer the options of Hydrotherapy in Labor and Water Birth to our growing families.

It is our goal to provide safe, satisfying, Family-Centered care during this important time in your life.

We encourage you to explore your options through our childbirth classes as well as your own outside research.

If there is anything we can do to optimize your birthing experience, please let us know.

Hydrotherapy...

...utilizes the soothing properties of warm water immersion to help you relax in labor and to help ease your discomfort and anxiety.

Not all providers will be comfortable laboring/delivering patients in the tub. If you are interested in Hydrotherapy in Labor and/or Water Birth, please let your provider know as soon as possible in your pregnancy.



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Hydrotherapy in Labor and Water Birth

DARNALL
ARMY MEDICAL CENTER

Hydrotherapy provides pregnant women with a safe alternative to laboring and/or delivering in bed

Potential benefits:

- Enhanced relaxation
- Buoyancy helps mom change positions
- Decreased need for medications and interventions to speed labor
- Decreased need for pain medications and anesthesia
- Increased satisfaction with birth experience
- Reduces strain on perineal muscles and increases elasticity

Potential risks:

- Decreased in contraction strength/frequency if used prior to active labor
- Fever for mom and high heart rate for baby if the water is too hot
- Neonatal water aspirations (water in lungs) or neonatal infection - rare case reports
- Snapped umbilical cord

Who may use the tub in labor?

- At least 37 weeks pregnant
- No mom or baby complications during the pregnancy
- Pregnant with only one baby (no twins)
- Baby is head down
- Moms with normal vital signs and no evidence or concern for infection
- Babies with normal heart rate tracings
- Full time attendant (nurse or labor coach)
- Approval of the attending provider

We currently...

...have two rooms equipped for hydrotherapy in labor and/or water birth. They will be available on a first-come, first served basis.

Laboring...

...and/or delivering in the tub requires close monitoring and staffing must be able to support a 1:1 nurse/patient ratio or the tub will not be offered.

If at any time your provider feels there are concerns about you or your baby's wellbeing, you will be asked to exit the tub and committed to laboring in bed.

Unfortunately, we cannot guarantee that a provider who is comfortable with water birth will be available at all times.

The safety of you and your baby is our utmost concern

Who may NOT use the tub in labor?

- Known, untreated blood or skin infection
- Moms with a fever or suspected infection
- Babies with a concerning heart rate tracing
- Pregnancy complications (like pre-eclampsia or diabetes)
- Excessive vaginal bleeding
- Any condition requiring continuous fetal monitoring
- Moms who weigh more than 250 pounds