

# Warm Water Immersion/Hydrotherapy During Labor

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Many women use water in labor as an option for comfort, mobility and privacy in labor. Healthy women with uncomplicated pregnancies may find that using hydrotherapy in labor helps with relaxation and reduces their need for other sorts of pain relief.

Warm water immersion increases relaxation and the production of endorphins (the body's natural pain relief hormone).



## Warm water immersion:

- Reduces the intensity of pain during contractions
- Creates a feeling of weightlessness, buoyancy and relaxation
- Reduces the pressure on the maternal pelvis and muscles
- Provides freedom to get into various positions with free range of movement
- Reduces the use of pain relief medication/anesthesia and their associated side effects
- Relieves anxiety
- Shortens labor duration
- Reduces of perineal lacerations/tearing

## Water immersion is recommended if:

- You are pregnant with a single baby, in a 'fixed' head down position
- You go into labor without intervention, between 37 and 42 weeks
- You have no medical illnesses or complications affecting your pregnancy
- You have had the opportunity to discuss the potential benefits and risks of water immersion specific to your pregnancy with your midwife or pregnancy care provider at a prenatal visit prior to labor

## Water immersion is not recommended if:

- You have an altered state of consciousness, or are unable to comply with instructions
- You have a complicated pregnancy, or medical conditions
- You have mobility issues that may restrict you from getting out of the bath at any time
- There are reasons why your baby needs continuous monitoring during labor
- The labor onset is before 37 weeks or after 42 weeks



***If you are interested using warm water immersion/hydrotherapy during labor, talk to your pregnancy care provider about adding it to your birth plan.***