

## Important Patient Information

- Prior to the use of the Safe Step® walk-in tub, the patient must read and agree to the [Guidelines for Hydrotherapy use During Labor](#).
- Patients must agree to leave the tub/shower at anytime when requested by a health care provider.
- Delivering of the baby in the tub is not permitted. If labor progresses rapidly and safe removal of the patient is not possible, the tub can be emptied and delivery will proceed according to nursing guidelines.
- The listed eligibility criteria and contraindications are guidelines, not inclusive, and do not exclusively determine eligibility for hydrotherapy use during labor.

## MISSION STATEMENT

To reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry.

## CORE VALUES

Respect  
Care  
Competence  
Joy

## Guidelines for Hydrotherapy during Labor

*We are looking forward to serving you and your new family while you are at St. Elizabeth's Mother Child Center.*



**St. Elizabeth's  
Mother Child Center**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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# Your comfort matters to us.

*An alternative option for pain management.*

## What is Hydrotherapy?

St. Elizabeth's Hospital offers use of a Hydrotherapy tub to mothers-to-be as a pain relief alternative to epidural treatment.

Immersion in warm water can promote relaxation and decrease pain in the early stages of labor. The water provides soothing stimulation of nerves in the skin, promoting increased blood flow and reduction of pain causing signals. Hydrotherapy can also increase uterine blood flow, decrease maternal blood pressure and shorten labor.

## When can the tub be used?

Hydrotherapy during labor is limited to healthy patients with normal pregnancies. Mothers can request use of the tub if it is available and they have physician approval for its use. Eligibility for hydrotherapy is also determined by progression of labor, availability of trained providers, and availability of all necessary equipment. Other eligibility criteria include:

- Singleton pregnancy
- Cephalic fetal presentation
- Gestational age >37.0 weeks
- Maternal vital signs are within normal limits
- Reassuring fetal heart rate tracing
- Patients with ruptured membranes may use hydrotherapy, as directed by nursing guidelines.



## Features of Safe Step® walk-in tub

- Dual therapeutic jets
- Available aromatherapy
- Changeable lighting
- Easy entry no-leak door
- Anti-slip tub floor and seat
- Hand-held shower wand

## When is the tub not recommended?

The staff in our Mother Child Center always put safety of mom and baby first so there are times where use of the hydrotherapy tub would not be advisable.

If there are any signs of maternal or fetal distress during labor, staff will require patients to return to their bed. In addition, the tub cannot be used if any of the following contraindications are present:

- Multiple gestation
- Previous Cesarean delivery
- Maternal fever > 100.4 F or suspected infection
- Active genital herpes
- Significant vaginal bleeding
- Any open wounds, untreated blood or skin infections
- Any communicable diseases