

Whirlpool Therapy for the Laboring Patient



The Myrtue Birthing Center has a beautiful whirlpool suite for our patients to utilize while in labor or during their post-partum stay.

Our whirlpool helps provide relaxation and pain relief. Our specially trained obstetric nurses can help you with the use of the whirlpool as part of your comprehensive labor support plan.

If you decide to use the whirlpool, you may want to bring some of the following items with you:

- Tank top or sports bra and bottoms to wear in the whirlpool to make you feel more comfortable
- Your phone can be plugged into our surround sound speakers (otherwise, we can turn on relaxing music)

The whirlpool is used after your cervix has reached 5 cm. The whirlpool helps to promote the release of endorphins, which help you feel better, promotes better circulation and oxygenation, decreases tension, and promotes the progression of cervical

dilation. *Using the whirlpool in the early stages of labor, before your cervix reaches 5 cm, is not advisable as it can slow down contractions.*

Upon your arrival at the Birthing Center, a monitoring session will be done to check the fetal heart tones and contraction pattern for a minimum of 20-30 minutes to ensure the progress of your labor. After a reassuring fetal heart monitor read-out, you may use the whirlpool for a maximum of one hour at a time. If you are using the whirlpool, an IV will be started and infusing or you need to be drinking plenty of water to make sure you stay hydrated.

Your labor team of knowledgeable and devoted nurses and doctors are dedicated to helping you in creating and fulfilling your birth plan. We make it our mission to ensure your experience is as special, safe, and enjoyable for you as possible.

