

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 to wear in the whirlpool to make you feel more comfortable
- Your phone to plug into our surround sound speakers
- Your support person may want to bring some water attire as well

When the whirlpool is used, after your cervix has reached 5 cm, it promotes 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 early in labor, before your cervix is 5 cm, is actually not recommended; it slows down the contractions.

When you arrive to the Birthing Center, you will be monitored for fetal heart tones and contraction pattern for at least 20-30 minutes to ensure your labor is going well. 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. Our labor team of nurses and doctors want you to obtain your birth plan and will help you along the way.