



An exceptional birth experience that is right for you

Unity Hospital proudly offers water births as an option for your birth experience in one of the area's most comprehensive birth centers.

At Unity Hospital, your water birth will occur in a caring, home-like environment and be supported by an experienced birth center care team specially trained in water births.

The Family Birth Center at Unity Hospital is dedicated to providing an exceptional birth experience that is comfortable, memorable and right for you.



550 Osborne Road
Fridley, MN 55432

allinaunity.org

UNITY HOSPITAL

Water Birth



What is a water birth?

During a water birth, the mother gives birth in water in a special birthing tub. She may also spend part of her labor in the tub. This special tub is larger and deeper than a regular bathtub, deep enough for water to cover the mother's abdomen.

At Unity Hospital, women who have arranged with their provider to have a water birth will have their birthing suite set up to provide for their request. You must meet certain criteria to consider using the water birth option. For more information, talk with your provider.



Is a water birth an option for me?

Women who are considering a water birth must meet the following criteria. It is recommended you discuss this option and criteria with your doctor.

- Full term pregnancy
- Free of infection and other medical conditions
- Pregnant with one baby (not twins)
- No history of high blood pressure or bleeding disorders
- No complications during pregnancy or labor



Benefits of choosing a water birth

Benefits for the mother:

- Comfort, relaxation and soothing feelings from the warm water
- Ability to move more freely during labor
- More efficient contractions and improved blood circulation resulting in less pain for the mother and more oxygen for the baby
- Reduced stress-related hormones, allowing the mother's body to produce endorphins which serve as pain-inhibitors
- A more relaxed body, reducing the chance of tearing and a need for stitches
- Physical and mental relaxations, allowing for a greater ability to focus on the birthing process
- A greater sense of privacy, reducing inhibitions, anxieties and fears

Benefits for the baby:

- Provides an environment similar to being in the uterus surrounded by fluid
- Eases the stress of the birth resulting in greater reassurance and a sense of security

For more information on water births at Unity Hospital, Please contact Alice Timm, patient Care Supervisor, at 763-236-4412.

Our goal is to provide an exceptional birth experience that is right for you.