

You may want to read through the [AquaDoula instruction manual](#) if you have the AquaDoula.

Some frequently asked questions:

Is the tub too heavy for a second-floor apartment?

No, weight is not a problem in any normally sturdy building. Most concerns about weight (such as pianos and waterbeds) is that they are a long-term stress on the structure. Birthing tubs are a very short-term stress.

How big is the tub?

The AquaDoula is 54" diameter, 24" deep, 175 gallon capacity, with heater

How long does it take to set up the tub?

For someone who has actually read through the instructions carefully, it takes about 30 minutes to set up. Time to fill it with water depends on your water pressure, water temperature and water heater capacity.

How much space does it take up when not set up?

The AquaDoulas come in plastic containers so that you can keep everything in a safe and handy place.

Where should I put it?

That is completely up to you. Some things to consider are privacy, temperature, sturdiness of the floor, and the floor covering (carpet vs. non-carpet, such as tile or linoleum - non-carpet is usually colder, but waterproof, although that's not usually an issue if you place a tarp under the tub). If you're planning to give birth in the tub, it is important for the tub to be accessible from all sides - ideally, leave a space of 2-3 feet all around the tub. If you're planning to use the tub for labor only, it can be placed somewhere with more limited access. Make sure you like the location before filling the tub!!

How do I fill the tub?

FIRST, make SURE that you DO NOT have the heater plugged in UNTIL the water level in the tub is above the top of the heater. If you don't do this, you WILL melt the liner and the heater OR cause a fire.

SECOND, start filling the tub with straight hot water from the faucet. Once the water runs cool, turn it off and wait for the water heater to recover. Once the water heater has recovered, start filling again. You want to keep the temperature of the water at around 100 degrees F. Once you get it filled and at the desired temp, plug the heater in. Place the black foam cover over the top to keep the water warm and protected.

LASTLY, DO NOT use any electrical appliances while you are laboring in the tub!