

The water birth versus land birth study for pregnant women at low-risk of complications

ACTRN12616000973415

Status	RECRUITING
Sponsor	Professor Sue Kildea
Enrollment	600 participants

Plain Language Summary

This study looks at the safety of water births compared to land births. A water birth is when a baby is born while the mother is in a pool of water. This is a small pilot study to test whether a larger, international safety trial is possible. It will look at how both mothers and babies are doing after water versus land births.

You may be eligible if:

- You are 15 years of age or older
- You weigh less than 100 kilograms
- You are carrying a single baby
- You are in spontaneous labour at full term (37–42 weeks)
- Your baby is in the head-down position
- Your waters are intact or have broken recently with clear fluid
- Your and your baby's observations are normal

You may NOT be eligible if:

- You are 14 years or younger
- You weigh 100 kilograms or more
- You are carrying more than one baby, or the baby has died
- You have a blood-borne infection (e.g., Hepatitis B, C, or HIV)
- Your baby has a major birth defect
- You are being induced or planning a caesarean
- Your baby is not in the head-down position
- The amniotic fluid contains meconium (baby's first stool)
- You are requesting an epidural or narcotic pain relief

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (11)

- years or older
- do not require interpreter
- weigh less than 100 kilograms
- low obstetric risk
- suitable for intermittent auscultation in labour
- ... and 6 more (see full listing online)

Exclusion (17)

- years or younger
- require an interpreter or legal guardian for consent

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000973415>

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- weigh 100 kilograms or more
 - obstetric risk factors
 - not suitable for intermittent auscultation in labour
- ... and 12 more (see full listing online)

Locations (1 total)

Mater Mother's Hospital - South Brisbane, QLD, Australia