



Comfortable Upright Birth

Information Leaflet



Better for mum, Better for baby.

### What is the CUB?

The CUB is a modern innovation that supports you to have all of the advantages of an active labour and upright position for birth. Lightweight, adaptable, comfortable and easy to clean, it needs no special equipment and can be used in any environment.

### What does it do?

The CUB will comfortably support you in an optimal, upright position throughout labour and birth giving you and your baby an increased opportunity to achieve a safer, easier and more comfortable birth. Active and spontaneous position change is facilitated and supported by the CUB making upright positions including sitting, kneeling, all fours and squatting easier to achieve.

### Using your CUB

- Remove your CUB from its packaging and unfold it out so that it is flat.
- Find the two inflation valves at the back of the seat.
- The CUB can then be inflated with the supplied pump

Please note that the CUB should only be inflated when it has been stored at room temperature. Do not try to inflate it if it has been kept in a cold environment as this may cause damage. If it is cold, unfold and leave at room temperature for at least one hour before inflating.

- The CUB can then be inflated with the supplied pump.

### To clean and store

While still inflated wash down with clean water and dry with a clean cloth. Follow this by spraying with any household antimicrobial surface cleaning spray. Allow to air dry before deflating, folding and returning to the box.



### How will the CUB help you to have a natural birth?

The CUB seat will comfortably support you in an optimal, upright position throughout your labour and birth giving you and your baby an increased opportunity to achieve a safer, easier and more comfortable birth. Upright positions include sitting, kneeling, all fours and squatting.

### What does the research say about being upright during labour and birth?

- Being upright during labour and birth can increase the available space within your pelvis by 28-30% giving more room for baby to be born <sup>6</sup>
- Your contractions are more effective. Some preliminary studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) infusion in stimulating contractions <sup>8</sup>
- Your baby is 54% less likely to become distressed during labour and birth if you are in an upright position <sup>6</sup>
- The length of the first stage of labour, between 3-10 centimetres can be significantly less when you remain upright, active and mobile <sup>1, 7</sup>
- Upright positions reduce the duration of the second stage (pushing stage) of labour <sup>3, 6</sup>
- Being upright has been shown to result in a 23% reduction in medically assisted deliveries- more space, less distress and a shorter labour results in fewer necessary interventions <sup>6</sup>
- A 21% reduction in rates of episiotomy (a cut made to the area between your vagina and anus) in women who give birth in an upright position <sup>4, 6</sup>
- A 29% reduction in emergency caesarean sections <sup>7</sup>
- Mothers have a reduced need for epidural pain relief when they are upright <sup>7</sup>

Positions to use your CUB in:

KNEELING



ALL FOURS



SQUATTING



SITTING UPRIGHT

Positions to use your CUB in:

PARTNER SUPPORT



MIDWIFE SUPPORT



RESTING



LEANING ON A BED



So what advantages does the CUB provide over using a birth stool or a birth ball?

Traditional Birth Stools and the Birth Ball	The C.U.B.
A birth stool may not be available to you within your chosen place of birth.	When you buy your own CUB it is available whenever and wherever you want to use it. ✓
Birth Stools can be heavy, rigid and bulky to transport	Your CUB is small, lightweight and can fit into a bag ready to go to wherever you want. ✓
Wood, metal, fibre glass and rigid moulded plastic can be hard and uncomfortable for mothers to use during birth.	Your CUB is soft and comfortable while maintaining a stable support throughout labour AND the birth of your baby. ✓
Traditional birth stools can only be used to give birth in a sitting position.	The CUB gives you a comfortable and versatile support during labour; helping you to change position, ease discomfort and help your baby to be born in a position that you find easiest. ✓
The traditional style of birth stools should ideally only be used for the birth (pushing stage) but not during the labour. It is widely accepted that the hard surfaces of traditional birth stools can contribute to excessive swelling of the perineum leading to the potential for increased blood loss after baby is born.	The innovative design and construction of the CUB supports you without causing any compression or restriction; this eliminates the potential for swelling and increased blood loss. ✓
The mother must be mobile and be able to use her legs to balance. Traditional birth stools cannot be safely used with an epidural or on a hospital bed. A birth ball can be a useful tool to use during labour as long as you are mobile, but you cannot use it to sit upright on for the birth itself.	The CUB can safely be used even on a hospital bed if necessary. So if you do need extra monitoring or medical care or have an epidural then you can still benefit from being in the optimal position for baby to be born naturally. ✓

## References

- 1) Terry RR, Westcott J, O'Shea L, Kelly F. (2006). Postpartum Outcomes in Supine Delivery by Physicians vs Non-supine Delivery by Midwives. J Am Osteopath Association. vol. 106 no. 4, 199-202.
- 2) Keen R, DiFranco J, Amis D, Albers L. (2004) Non-Supine (e.g., Upright or Side-Lying) Positions for Birth. Journal of Perinatal Education. 2004 spring; 13(2): 30-34.
- 3) Lavender T and Mlay R. (2006) Position in the second stage of labour for women without epidural anaesthesia: RHL commentary. The WHO Reproductive Health Library; Geneva: World Health Organization. last revised: 15 December 2006.
- 4) Nasir A, Noorani K.J., Korejo R. (2007) Child birth in squatting position. Department of Obstetrics and Gynaecology, Jinnah Postgraduate Medical Centre, Karachi.
- 5) Shermer RH, Raines DA. (1997) Positioning during the second stage of labor: moving back to basics JOGNN: Journal of Obstetric, Gynaecologic, and Neonatal Nursing. Nov-Dec; 26(6): 727-34.
- 6) Gupta JK, Hofmeyr GJ, Smyth R. (2012). Position in the second stage of labour for women without epidural anaesthesia. Cochrane Database Systematic Review. May 16;5 :CD002006 doi:10.1002/14651858,CD002006.pub3.
- 7) Lawrence A, Lewis L, Hofmeyr GJ, Dowswell T, Styles C. (2013) Maternal positions and mobility during first stage labour. Cochrane Database of Systematic Reviews Issue 2. Art. No.:CD003934; DOI: 10.1002/14651858.CD003934.pub2.
- 8) Read JA, Miller FC, Paul RH. (1981). Randomized trial of ambulation versus oxytocin for labour enhancement: a preliminary report. Am J Obstet Gynecol. Mar 15;139(6)669-72.

## Product information

Maximum user weight 120Kg  
 Product weight 2KG  
 Material 0.500mm Biocompatible PVC  
 Double layered thickness seat and floor covering  
 Two separate inflation valves/chambers  
 Complies with EN71

The information contained within this booklet is for informational purposes only and should not replace professional, expert advice. If you have any concerns regarding your pregnancy please contact your healthcare provider. The CUB should never be used as a child's toy.

For further information please visit our website:

[www.CUB-support.com](http://www.CUB-support.com)

Email contact for purchase advice:

[office@CUB-support.com](mailto:office@CUB-support.com)

Our Facebook page:

<https://www.facebook.com/CUBsupport>



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