

BIRTH LAUNDRY

After your birth, you will likely have one or two loads of laundry that needs to be done. How much will partly depend on whether you had a water labor or birth, or not. We use a LOT of towels when we use the tub!!!

In any event, here is what we recommend for doing your birth laundry:

- For top-loaders
 - Put 3 times the recommended amount of powdered Oxy-Clean into the washer
 - Place laundry in tub and fill with COLD water
 - Turn on and agitate until everything is saturated and mixed up, probably a couple of minutes.
 - Turn washer off and let set for a couple of hours.
 - Turn washer back on and let it finish the cycle
 - Take out items and check individually for any residual blood or meconium.
 - Re-soak, exactly as above, those linens that still have stains.
 - When all blood and meconium is gone, run thru a normal wash with warm water and detergent; dry as normal.
- For Front-loaders:
 - Put all laundry in drum and close door.
 - Set the machine for Pre-soak, COLD water, and Water Plus (or whatever “extra water” function your machine has).
 - If your machine does not have an extra water function, soak 3 towels with water and place them in the drum with the laundry. This extra weight will fool the machine into thinking it is a bigger load and will fill with more water than usual.
 - Place 3 times the normal amount of Oxy-clean powder into the detergent dispenser, without detergent. If you cannot put a powder in your dispenser, just put the powder right into the drum.
 - Run.
 - When the cycle has completed, check for any items that may still have residual stains and repeat the process with those.
 - Finally, run the items thru a normal cycle with detergent and dry as usual.
- DO NOT dry any laundry items until all stains are gone from them. Almost all birth laundry comes completely clean.

BIRTH TRASH

After your birth, you will be left with one or two bags of garbage. Even if you didn't bleed much, there will be some bloody underpads in those bags. If you put them out where local critters (dogs, raccoons, etc) have access, you may find them opened up and the contents strewn about the yard. Therefore, if your trash day is not soon after the birth, do not put your trash outside until the morning of your garbage day. Instead, place it in a covered container in your garage (if you have one), or keep it inside a back porch or other enclosed area until the day of garbage pickup.