

## How Much Mess?

The short answer is: Not much! We really stay on top of the mess so that it never gets out of hand, and never leave any birth mess for you to take care of.

### Birth Mess Fun Facts:

Total average blood loss is 2 cups.

Total average amniotic fluid volume is 1.5 quarts.

Most of the “mess” happens with the birth. There is usually very little mess during labor.

### To control the mess we:

- Are very liberal with absorbent underpads, a.k.a “chux” pads and plastic tarps.
- Wipe up all other drips right away.
- Place all trash immediately into trash bags.
- Use black trash bags to help minimize the appearance of bloody chux and other things.
- Put all dirty laundry in a large laundry basket as we go.

*NOTE: For complete directions on removing blood and meconium from your linens, see the handout BIRTH LAUNDRY AND TRASH.*