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Birth centers are for healthy, low-risk mothers and babies. Minnesota Birth Center's prenatal care can help a mother-to-be to achieve optimum wellness and support her desire to give birth in this environment. The MBC CNMs also offer care at planned hospital births at United Hospital in St. Paul:

MBC does not accept patients with the following conditions for planned birth center births:

- Heart disease
- History of embolus or clotting disorders with pregnancy
- Symptomatic congenital heart defects
- Kidney disease
- Current or untreated drug or alcohol addiction
- Diabetes Mellitus
- Gestational Diabetes requiring medication
- Hyperthyroidism
- Essential hypertension (BP greater than 140/90 with additional criteria)
- Bleeding disorder
- Sickle cell anemia
- HIV
- Hepatitis
- Marfan's Syndrome (including family history of first degree relative)
- Epilepsy
- Hemoglobin less than 10 gm and not willing to take steps for improvement
- Previous Rh sensitization
- Declining or refusing 1-hour gestational diabetes screen or 3-hour gestational diabetes test
- Active tuberculosis

- Any previous C-section (see below on MBC's offering of Labor After Cesarean at United Hospital)
- Twins
- Planned breech birth
- History of preterm birth < 34 weeks – will consider on case-by-case basis
- History of lupus
- Gestation of more than 22 weeks with no prenatal care
- Pre-pregnancy BMI ≥ 40
- Active anorexia or bulimia within the last year prior to conception
- Gastric bypass
- Lap bands – will consider case-by-case

MBC does accept patients for planned hospital birth, including:

- Labor after cesarean (provided there have been no more than two previous C-sections)
- BMI < 45
- Ask about other criteria

Please note:

- ❖ *Ongoing screening is in place to ensure that any potential problem is identified at the earliest time, to make changes wherever possible.*
- ❖ *Some conditions which change the level of risk for either mother or baby will be referred to a hospital facility or specialized MD with additional skill sets.*