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Risk Factors for Care at the Minnesota Birth Center

Free-standing birth centers are for healthy, low-risk mothers and babies. Minnesota Birth Center seeks to help mothers-to-be to achieve optimum wellness and have the holistic birth they desire when safe to do so.

In order to provide the safest care possible MBC does not accept clients with a medical history that includes:

- Heart disease
- Blood clots
- Bleeding and clotting disorders (not including Heterozygous Factor V Leiden)
- Symptomatic congenital heart defects
- Kidney disease
- Current drug or alcohol use or addiction, must be quitting. Any positive drug screen in 3rd trimester will require transfer to another provider.
- Diabetes mellitus
- Hyperthyroidism (Grave's disease)
- Essential hypertension (blood pressure >140/90 before 20 weeks gestation)
- Sickle cell anemia
- HIV positive
- Hepatitis B or C positive
- Marfan's Syndrome, including family history of immediate or first degree relative
- Epilepsy/seizure disorder
- Previous Rh sensitization
- Active tuberculosis
- Lupus
- Active anorexia or bulimia within the last year prior to conception

MBC is not able to care for clients when the following conditions arise during pregnancy:

- Gestational Diabetes requiring medication
- Hemoglobin <10g/dL at time of birth
- Declining acceptable gestational diabetes screening or testing
- Multiple gestation pregnancy (twins, triplets, etc.)
- Planned breech birth
- Having more than one blood pressure in pregnancy greater than 140/90.

If any of the above situations arise we would arrange for your care with a hospital-based provider.

MBC does consider accepting on a case-by-case basis these circumstances:

- History of preterm birth <34 weeks
- History of lap band surgery or gastric bypass
- Gestation of more than 22 weeks with no prenatal care
- BMI > 40

The midwives continuously screen and assess the health of our clients to ensure that any potential problem is identified as early as possible to allow clients time to make changes as necessary.