Out of Hospital Midwifery Candidate

Midwives specialize in low-risk clients and low intervention births. You will see your midwife on the same schedule visits for prenatal as an obstetrician. Prenatal visits are longer and can last about 45-60 minutes per visit. Midwives will answer all of your questions and go over pregnancy stages with you. After your birth, your midwife will see you frequently for the 1st -6wks of your newborns life. You will receive the same lab tests and ultrasounds with your midwife you would seeing an obstetrician. Midwife must receive current pregnancy records, especially if patient is transferring into care late in pregnancy.

You are candidate if you are:
- Having a healthy low-risk pregnancy
- Understand the benefits and risks of out of hospital births
- Involved in your decision making
- You desire fewer medical interventions
- You are confident in your body’s ability to birth out of hospital
- Singleton Pregnancy (no twins or multiple pregnancy)
- Does not want an epidural or medication for pain relief in labor

Pregnancy Conditions that require consult
- Gestational diabetes managed with diet and exercise okay
  - Metformin-controlled depends on the midwife.
- Patients who have received no prenatal care during their current pregnancy may be good candidate candidates if there previous pregnancies and births were normal and if they consent to ultrasound and blood work for current pregnancy
- VBACS – Vaginal Birth After Cesarean
  - Depends on the midwife
  - Can have home birth but not a birth center due to Washington State legislation
  - Prenatal and postpartum care is covered by insurance, but not birth and family must pay for birth fee. Fee amount will depend midwife practice

The following are some of the conditions that can risk you out of home or birth center:
- Hypertension
- Type II Diabetes managed with insulin
- History of Vertical incision cesarean
- Lesions of Herpes II on genital area
- Breech Pregnancy
- Kidney Disease

Starting care with a midwife:
- Set up a free consultation visit to learn more
- If you are in dates (37 weeks or more) bring your medical records with you
- If you are not in dates you will sign a record release for the midwife to obtain your medical records from the provider you were receiving care from