Frequently Asked Questions

What is a Birth Center?

The QMG Birth Center offers a safe and welcoming space for individuals with low-risk pregnancies who want a natural and personal birth experience. Beyond birth, our certified nurse-midwives provide comprehensive care for women at every stage of life including routine gynecologic services, prenatal care, labor support, delivery, and postpartum visits.

What does the Birth Center include?

Our Birth Center offers a thoughtfully designed, home-like environment with three private birthing suites featuring ample space to move and tubs for water births. The center also includes dedicated exam rooms for gynecologic, prenatal, and postpartum care, as well as family-centered areas with comfortable seating and kitchen space to help loved ones feel at ease. Care throughout the center is midwifery-led and grounded in evidence-based practices, empowering you to make the choices that best support your needs.

What are the benefits of giving birth at a Birth Center?

The benefits of delivering at a birth center for low-risk pregnancies include a personalized, low-intervention approach in a comfortable, home-like setting. Our rooms include tubs for water births and spaces where you can walk, rest, and relax. Our team provides continuous support, helping you achieve a natural, personalized birth experience.

Are Birth Centers safe?

Yes. For low-risk pregnancies, accredited birth centers are considered a safe option. National research shows outcomes for healthy, low-risk patients are comparable—or sometimes better—than hospital births, often with fewer unnecessary interventions. Safety is ensured through careful screening, ongoing monitoring, and a seamless transfer plan if hospital-level care becomes necessary.

Am I an ideal candidate for the Birth Center?

The QMG Birth Center is designed for women with low-risk pregnancies seeking a natural, low-intervention birth. From your first visit, our certified nurse midwives (CNMs) provide thorough evaluations and ongoing monitoring throughout your pregnancy. We continually assess your health and collaborate with physicians if concerns arise. Eligibility is determined from your first appointment through discharge.

How do I schedule a tour or get started?

Contact our Birth Center to schedule a tour and meet our team. Tours are available to all prospective families to help you explore the space and ask questions before committing to care.

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Who is part of my care team at the Birth Center?

At the QMG Birth Center, your care is supported by a collaborative team dedicated to safe, compassionate, family-centered care, available 24/7.

- **Certified Nurse-Midwife (CNM):** Leads your care, providing prenatal, birth, postpartum, and newborn care for low-risk families, supporting a natural, low-intervention birth.
- **RN Birth Assistant:** Supports the midwife during labor and postpartum, providing comfort, monitoring help, and practical and emotional support for you and your family.
- **Family Care Navigator:** Your main point of contact for scheduling, care coordination, insurance guidance, and community resources, offering continuity before, during, and after birth.
- **Administrator:** Oversees the Birth Center to ensure safety, quality, and that our philosophy of care is followed at every level.
- **Consulting Physician:** Board-certified obstetricians or family physicians available for consultation or collaboration if complications arise.

Who can I have in the birthing room with me?

You may have your chosen support people present during labor and delivery, such as your partner, family members, or a doula. We work with you to create a comfortable and supportive environment.

Can siblings participate in visits or classes?

Yes. Siblings are welcome for tours, office visits, and childbirth classes in an age-appropriate way. We also provide resources and recommended books to help them prepare for a new family member.

What options are available for pain control?

We offer a variety of natural comfort measures tailored to your preferences during labor. These may include movement, positioning, hydrotherapy, breathing techniques, and other non-medication strategies to help you stay as comfortable as possible. Nitrous oxide is also available for use during labor.

After birth, common discomforts like cramping and perineal soreness can be eased with pain relievers such as ibuprofen or Tylenol, warm tubs or sitz baths, and ice or frozen sitz pads. These options are designed to support your comfort and recovery in the days following delivery.

What happens if something doesn't go as planned during labor?

Your safety and your baby's safety are our top priorities. While most births are low-risk, if medical intervention is needed, our team has a transfer plan to the local hospital. CNMs stay involved to ensure a smooth transition and continuity of care.

Can I create a personalized birth plan?

Yes. Our team works with you to develop a birth plan that reflects your preferences while keeping safety as the top priority.

What is the typical length of stay after delivery?

Families typically remain at the Birth Center for a period that allows for safe monitoring and recovery. Most parents and babies are ready to go home between 4 and 8 hours after delivery, depending on individual recovery and readiness.

Do you perform labs and ultrasounds at the Birth Center?

Yes. All necessary labs and ultrasounds can be completed on-site for your convenience.

Is childbirth education required?

Yes. We want you and your family to feel fully prepared for birth, postpartum recovery, and newborn care. Our childbirth education program and additional services are designed to support your journey from pregnancy through the newborn period.

To ensure every family is fully prepared for the Birth Center experience, all first-time pregnancy clients are required to complete a Childbirth Education Program before being admitted in labor. In addition, clients who have not previously experienced an unmedicated or physiologic birth must complete a comfort measures and labor preparation class.

What additional services does the Birth Center offer?

The QMG Birth Center offers a variety of supportive services alongside prenatal, birth, and postpartum care. Families have access to lactation support, mental health services, pelvic floor therapy, and nutrition guidance—helping you feel confident, comfortable, and cared for throughout your pregnancy and after your baby arrives.

Who are the midwives at the Birth Center?

Our CNMs are advanced practice registered nurses with specialized training in pregnancy, birth, and postpartum care. They bring years of experience, a strong commitment to patient safety, and a personalized approach to support low-intervention births. Each holds a nursing degree, has completed a master's program, and passed a national certification exam. Learn more about QMG Certified Nurse Midwifery at **qmgbirthcenter.com**.

Do you accept health insurance?

Yes. We contract with many insurance providers. Please contact your insurance company or our billing department to confirm coverage for Birth Center services.

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