

Choosing Where to Give Birth in Oregon

	Home Birth with Willamette Birth	Birth Center	Hospital
Primary Caregivers	Midwives	Midwives	Obstetricians & Midwives
Continuity of Care	Yes! At Willamette Birth , the same midwife you hire who has done all of your prenatal visits will also take care of you during labor and birth.	No Most birth centers have a rotating call schedule for midwives- you get the midwife who is on call the night of your birth.	No Most hospital practices have a rotating call schedule- you get the doctor or midwife who is working that night.
Privacy & Support for Hormonal Physiology of Birth Learn more about hormones in birth here .	Home is the most private and intimate of birth settings. Optimal support for hormonal physiology of birth.	Birth centers offer private and intimate birth settings. Good support for hormonal physiology of birth.	Hospitals offer some privacy, but it is the least private of all birth settings. Less support for hormonal physiology of birth.
Travel During Labor	No! Your midwife comes to you. You get to stay put, except in the case of transfer of care to hospital if necessary.	Yes , you must drive to the birth center when in labor. As with home birth, transfer of care to hospital may occur when necessary.	Yes , you must drive to the hospital when in labor. Rarely, mother or baby will need to transfer to a hospital with different capabilities (ie NICU)
Pain Relief & Relaxation Options	Home Birth & Birth Centers offer most of the same options for pain relief, comfort, & relaxation. <ul style="list-style-type: none"> ✓ Water birth & hydrotherapy ✓ Movement and position changes ✓ TENS machine ✓ Herbs & Aromatherapy ✓ Acupressure ✓ Midwifery care ✓ Doula support ✓ Sterile Water Injections ✓ Local anesthetics for suturing (if necessary) ✓ Other natural comfort measures <p>Home Birth Only:</p> <ul style="list-style-type: none"> ✓ Familiar surroundings; the comfort and privacy of being in your own space. 	Birth Center Only:	Each hospital and care provider is different, but options including doula and midwifery support are typically available. However access to some natural comfort measures (including water birth) varies. For example water birth may be unavailable or restricted for some women, and movement and position changes tend to be more restricted as well. Check with your provider. Hospitals offer these resources not available at home or in birth centers. <ul style="list-style-type: none"> ✓ Regional anesthesia (epidural & spinal) ✓ General anesthesia ✓ Narcotics
Safety, Prophylactic, and Emergency Resources	Home Birth & Birth Centers offer the same level of safety and emergency resources. Home birth brings these resources to you, and birthing centers offer these same resources in a home style care facility. If a higher level care becomes necessary, transfer of care to a hospital facility is indicated. <ul style="list-style-type: none"> ✓ Midwives who are trained to recognize, treat, and transfer care in the case of an obstetrical emergency ✓ IV Fluids & Antibiotics ✓ CPR & NRP trained attendants ✓ Bag and mask, laryngeal mask airway ✓ Anti-Hemorrhagic Rx Medications ✓ Epinephrine for anaphylactic shock ✓ Oxygen & Resuscitation Equipment ✓ Pulse Oximeter Monitoring ✓ First and second degree perineal repair and suturing ✓ Vitamin K & Newborn Eye Ointment ✓ Rhogam for Rh negative mothers ✓ Ambulance Services <p>Out of hospital birth is appropriate and safe care for low risk mothers. Not sure if you would be considered "low risk"? Contact Willamette Birth and speak with a midwife to learn more.</p>	Hospitals offer the highest level of the safety and emergency resources. Hospitals vary in the level of care that they can provide, and transfer of care to a higher resource facility may be indicated in some circumstances (for example, if NICU care is needed and none is available). In addition to the safety resources offered at out of hospital births, hospital also offer these resources that are not available at home or in birth centers: <ul style="list-style-type: none"> ✓ Surgical facilities ✓ Physicians ✓ Blood Bank ✓ Repair of 3rd and 4th degree tears ✓ NICU (some hospitals) 	
What Mothers Say	<i>"Having a home birth was my dream, and I did it! My midwives were the best. I thought I wanted a water birth but I ended up laboring in the water and then I got out of the tub when I started pushing. I gave birth to my son on the birth stool. I was ecstatic. The first time my husband and I slept in our own bed together with our new baby after the birth (my midwives cleaned up everything from the birth and put fresh sheets on the bed!) is one of my favorite memories of being a new mom! I am definitely going to have another home birth."</i>	<i>"When my husband and I moved to Oregon, our savings were low and we decided to live with his parents for a bit until we saved up for a down payment on a house. I wanted to try for another home birth, but I didn't want to give birth in his parents' house. My relationship with my mother in law is good but can be a little strained and the idea of her being there while I gave birth was too much. My birth center VBAC was amazing, I love my midwives!"</i>	<i>"I was low risk but after talking to my husband we decided we would be most comfortable in the hospital. It's was my first baby and giving birth outside the hospital felt risky to me. I wasn't sure I wanted an 'all-natural' birth and I ended up being really glad I could get an epidural which really helped me relax! My doula was great!"</i>
Insurance Reimbursement	Many women are successful in getting home and birth centers costs covered in full or in part by private insurance or the Oregon Health Plan. Insurance and Medicaid reimbursement for home birth and birth center varies by plan. Talk to a midwife before calling your insurance company to ask what is covered. Don't assume that it isn't covered for you just because one customer service representative told you it wasn't. Call Willamette Birth and our insurance biller can help you learn more about your plan.		As long as you choose a doctor that is in network, services are typically covered by insurance, after plan deductible costs are met.
Want to give birth here?	Contact Willamette Birth to learn more about home birth.	Call the birth center for more information or to schedule a tour.	Call the maternity care coordinator at your local hospital to schedule a tour of the facility or learn more.

Contact Willamette Birth at (541) 908-9188 today to learn more about home birth!