

Giving Birth at CentraCare

At CentraCare, we work to make the birth experience an uniquely personal one. With a variety of options to fit every personality and situation, we tailor our services to meet individual needs.

Pregnancy Planning

- [Reproductive Medicine](#) - As the only full spectrum reproductive medicine program in Central Minnesota, we evaluate and treat difficulties with conceiving, providing ovulation induction, evaluation for multiple miscarriages, donor insemination and reproductive surgical services.
- [Genetic Counseling](#) - Our team provides information and support to individuals and families with genetic conditions or birth defects, or to individuals or couples who have an increased chance of having a child with a genetic condition or birth defect.
- CentraCare offers numerous options for where a person can deliver a baby, based on the provider preferred and the aspects of care that are important, such as midwife care or proximity to a NICU.

Specialized Care

- [Maternal-Fetal Medicine](#) - We provide a full range of services, including routine ultrasound, consults with maternal-fetal medicine doctors, advanced ultrasound and genetic counseling.
- [Level III Neonatal Intensive Care Unit](#) - The program features a rapid response transport team and 24/7 coverage by neonatologists, neonatal nurse practitioners and specialized nurses who work within a highly specialized, yet intimate setting. A March of Dimes NICU Family Support Program helps families with their hospital stay and transition home.

Other Support Services

- Birth education ranges from pregnancy apps to in person classes.
- We follow baby-friendly guidelines and encourage skin-to-skin care after delivery and in the operating room following a Cesarean birth. Depending on birth locations, the patient will have opportunities for water birth, aromatherapy, acupuncture, acupressure, massage and healing touch and physical therapy.
- [Breastfeeding support](#) includes classes, support groups, lactation consultants, lactation clinic, milk depot and pasteurized donor human milk.
- Our [blue band initiative](#) educates providers and patients about the risk of preeclampsia during and after pregnancy.