



Inclusion Criteria

- 37-42 weeks gestation
- Singleton pregnancy
- Baby is in the head down presentation
- Pre-pregnancy BMI less than 40
- Desires unmedicated delivery
- Spontaneous labor



About the Birth Suite

Whether you're planning a water birth, hypnobirth, or a gentle labor experience, our low intervention birth suite is the perfect place to welcome your little one with love and serenity.

Enhanced mobility: Enjoy the freedom to move and change positions effortlessly, finding the most comfortable and instinctive positions for labor and birth.

Experience the comforts of home in our queen size adjustable bed.

Family-friendly environment: Share the joy of welcoming your little one with your loved ones in our spacious and inviting birth suite. With ample seating, a cozy atmosphere, and plenty of room for family members to gather and celebrate.

Our suite is the perfect place to create lasting memories.

Water Birth

Immerse yourself in the serenity of waterbirth, where the gentle embrace of water creates a nurturing environment for you and your baby's arrival.

Natural pain relief – experience natural pain relief as the warm water relaxes your muscles, making contractions more manageable and easing the intensity of labor.

Waterbirth has been associated with a reduction in need for medical interventions, leading to a more natural and empowering birth experience for both mother and baby.



Questions?

We pride ourselves on being able to care for patients with different medical needs and offer a diverse selection of options. We look forward to discussing your journey and how we can help. Please bring questions to any of the midwives to see if this is a good fit for you!



MidCity OBGYN Midwives



Low Intervention Birth Suite

Immerse yourself into the LIBS while we foster a peaceful atmosphere to help welcome your baby.



Phone Number
402-397-6600



E-mail Address
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Our Location
515 N 162nd Ave, Suite 102B
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