



A Natural Birth Experience at The Natural Birth Center

The Natural Birth Center at Inova Loudoun Hospital offers healthy women with a low risk for pregnancy and birth complications the option of a more natural, family-centered, and home-like birthing experience.

The labor and delivery process includes no routine medical interventions. If complications should arise, there is peace of mind with easy and convenient access to medical care located close by.

The Natural Birth Center at Inova Loudoun Hospital offers home-like amenities, and a few necessary options, to help maintain calm and serenity during you and your family's stay including:

- Two comfortable birth suites with deep soaking tubs
- Family room
- Kitchen
- Living room
- Garden
- Children's play area
- Exam rooms
- Emergency equipment
- Education classroom

During Labor

Understanding that childbirth is truly a family event, we support and encourage your family to play an active role in welcoming your baby.

We encourage our laboring mothers to do whatever the body tells them to do including:

- Moving
- Walking
- Eating
- Drinking
- Showering
- Incorporating a birth ball or labor sling
- Laboring in the tub

Water immersion offers a relaxing and comforting environment during labor, minimizing the need for pain medication and allowing the mother to easily change positions.

Drug-Free Delivery

The staff at The Natural Birth Center is trained to help coach you through labor and is committed to helping you have a drug-free birth.

We stay with you throughout labor providing labor support and comfort measures. The result is a relaxed, empowered woman laboring effectively to birth her child naturally and safely in her own way. The rewards of learning to trust your body's innate ability to birth will have a lasting impact on both you and your family.



Birthing Room



Front Entry

After Delivery

Your delivering provider will stay with you for a portion of your postpartum stay while the Registered Nurse is with you for your entire postpartum stay. The recovery period at The Natural Birth Center allows you to stay 12 hours after you deliver. During that time babies are never separated from their mothers. They stay skin-to-skin, and nurse during the first couple of hours.

Follow-Up Care

The Natural Birth Center offers the necessary follow-up care for both you and your newborn within the first 24-36 hours after you deliver. Your individual care plan will be discussed and arranged through your providers and The Natural Birth Center staff.



Common Area

Our Birth Team

You're in good hands with highly qualified Board Certified Obstetricians, nationally certified Nurse Midwives, and Registered Nurses (RNs).

Our RNs maintain national certifications in:

- Inpatient Obstetrics
- Electronic Fetal Monitoring
- and/or Maternal Newborn Nursing

Our birth team maintains additional certifications in:

- Basic Life Support
- Neonatal Resuscitation Provider
- S.T.A.B.L.E. (Sugar, Temperature, Airway, Blood pressure, Lab work, and Emotional support)



Dining Area

If Hospital Care is Needed

In the event that hospital care is needed by you or your baby, a seamless transfer will be made to the Inova Loudoun Hospital Ladies Board Birthing Inn, conveniently located just steps away. Your provider will continue with your care as appropriate.

The Natural Birth Center at Inova Loudoun Hospital experience does not include:

- Induction
- Augmentation of labor with Pitocin (Oxytocin)
- Continuous electronic fetal monitoring except Doppler ultrasound
- Drugs for pain relief except local analgesic to suture tears in the perineum
- Operative deliveries (C-section)

For more information, call 703.858.6824 or visit inova.org/naturalbirthcenter

