

# Mercy Birthplace Springfield Virtual Tour



LABOR AND BIRTH PREPARATION

# Hospital Bag-Packing Ideas

## DEFINITELY BRING:

- ✓ Mother's photo ID and insurance card
- ✓ Birth plan or birth preferences
- ✓ Contact information for your baby's doctor
- ✓ Nursing supplies: bra, pads, pillow or boppy pillow
- ✓ Outfits for mother and baby to wear home
- ✓ Snacks for your support person, and cash for vending machines and cafeteria
- ✓ Music, phone chargers and camera
- ✓ Infant car seat, baby blankets and baby book

## CONSIDER BRINGING:

- ✓ Nightgown, robe and slippers
- ✓ Personal care items, such as toothpaste, deodorant, lip balm, hairbrush and hair ties
- ✓ Pacifier for the baby
- ✓ Special pillow or soft blanket
- ✓ Lotion, massage tools, aromatherapy oils and diffuser
- ✓ Hard candies



# Where to Enter the Hospital



Mercy Hospital Springfield is located at 1235 E. Cherokee Street. Park at and enter through the south entrance. Designated parking spots for expectant mothers are available close to the front.



If you're entering the hospital after hours (4:30 p.m. to 6 a.m. weekdays, or any time on Saturday and Sunday) use the phone to call Public Safety. A representative will let you inside.

# How to Get to Labor and Delivery

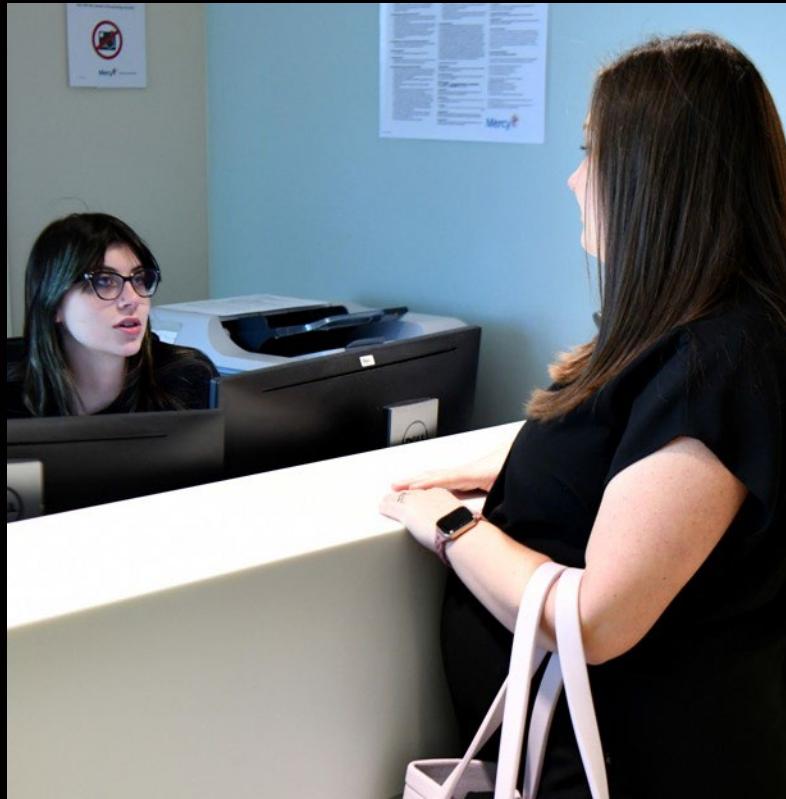


Take the east (purple) elevators to the fifth floor.



Use the intercom to let the front desk know you've arrived.

# Your Arrival at Mercy Birthplace



- Check in at the front desk.
- A caregiver will review your medical history and consent forms.
- Your support person or visitors must present their photo IDs at the fifth-floor security booth to get visitor's badges before accessing the unit.
- After check-in, you'll be escorted to the appropriate area based on your care needs.



Mercy caregivers can answer any questions you have when you arrive and throughout your stay.

# Your Stay at Mercy Birthplace

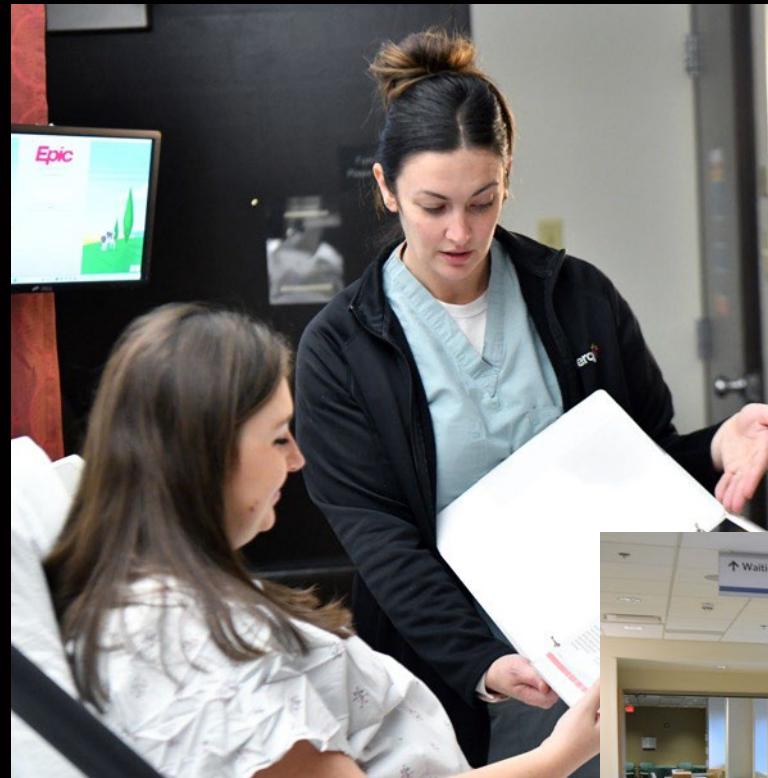
Mercy Birthplace offers spacious labor and delivery rooms and postpartum suites.

## **Labor and Delivery Room Amenities**

- Modern positioning beds that support your labor and comfort
- Birth balls, peanut balls and squat bars to enhance labor progress
- A recliner for your support person and a chair for visitors

## **Postpartum Suite Amenities**

- A convertible sofa bed, pillows and bedding for your support person
- A rocking chair
- Free Wi-Fi
- A flat-screen TV with standard cable channels that's compatible with most electronic devices
- Nearby waiting areas, designed with families in mind



# Your Labor and Delivery Team

Mercy Birthplace is ready to provide exceptional care for you and your baby. Your labor and delivery team may include:

- Board-certified obstetricians
- Certified nurse midwives
- Lactation consultants
- Labor and delivery nurses
- Anesthesiologists
- Certified registered nurse anesthetists
- Surgical technologists
- Patient care associates



# Monitoring You and Your Baby During Labor and Delivery

**To keep you and your baby safe, we use electronic fetal monitoring throughout labor. Monitoring helps us watch your baby's heart rate and your contractions.**

## Monitoring options include:



Standard bedside monitoring in every labor room, which is required if you're being induced.



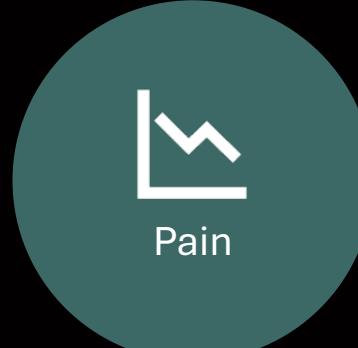
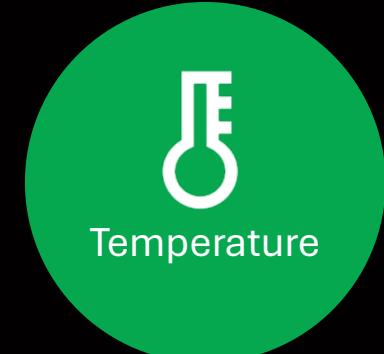
Portable monitoring that allows you to walk around your room and in the hallways.



Wireless monitoring (if available) that lets you move more freely within your room during labor.

# Monitoring You and Your Baby During Labor and Delivery

- Labor nurses regularly monitor your vital signs, including blood pressure, temperature, pulse, oxygen saturation, pain and stress level.
- An intravenous (IV) line is placed for administering medication and fluids. An IV is required if you're being induced or having a cesarean birth.
- Depending on your care plan with your obstetrician, you may need additional monitoring or testing.



# How Mercy Supports Your Labor

**Mercy provides several tools to support your labor. We want you to feel empowered and cared for every step of the way.**

1

**Birthing balls** assist with pain relief, movement and labor positioning.

2

**Peanuts** are inflatable, peanut-shaped balls that are placed between your legs while laboring in bed to promote progress.

3

**Frequent Position Changes** help your baby move into the best position for birth and decrease your labor time.

4

**Squat Bars** use gravity to open the pelvis and support effective pushing.

5

**Mirrors** allow you to see your baby's progress as you're pushing.

# What to Expect With a Cesarean Section

- Our operating room is inside the Labor and Delivery unit, so you'll stay in one place for your C-section. Your labor nurse is trained to care for you before, during and after surgery, ensuring a comfortable, connected experience.
- After your C-section, your nurse monitors you and your baby in Labor and Delivery for about two hours before moving you to your postpartum room.



# Your First Hour Matters

- The first hour after your baby's birth is called "the golden hour."
- It's an important time for bonding with your baby – but it's also an essential recovery period after giving birth.
- Your nurse monitors your vital signs, bleeding and pain control while also checking your baby's vital signs and encouraging feeding.
- For your safety and comfort, Mercy recommends limiting visitors during the first hour.
- Observing the golden hour is beneficial for both vaginal and C-section births when medically safe.



# The Benefits of Skin-to-Skin Contact

Skin-to-skin contact with your baby is essential. After the umbilical cord is cut and your newborn is dried off, your nurse will tuck your newborn into your gown, placing them on your skin.

## **Skin-to-skin contact helps:**

- Regulate their breathing, body temperature and blood sugar
- Calm your baby and make them feel secure
- Encourage your baby to breastfeed



# Your Average Length of Stay in the Hospital

- Patients who have a normal vaginal delivery usually stay 24-48 hours after delivery.
- Patients who have a normal C-section delivery usually stay 48-72 hours after delivery.



# How We Protect Your Newborn's Safety



## Identification (ID) Bracelets

Your nurse places an ID bracelet on your newborn after delivery. You and your support person receive ID bracelets that match your baby's. Keep the bracelets on until you're discharged. If you and your baby are separated for any reason or a security alarm sounds, your ID bracelets are validated with your baby's for safety.

## Security Tags

Your nurse places a security tag on your newborn after delivery. The tag stays on until your baby is discharged.

### **Our infant security monitoring system will sound an alarm if:**

- Your baby's security tag is tampered with or loosens.
- Your baby's security tag is too close to a stairwell or elevator.

# Breastfeeding Support at Mercy

Mercy offers on-site lactation support to help you feel confident with breastfeeding.

## **Our services include:**

- Showing you comfortable feeding positions
- Helping with latching
- Answering questions about breast pumps and breastfeeding
- Providing outpatient lactation support after you go home through our Family Resource Center

To schedule a private, one-hour appointment, call **417.820.2327**.

Prenatal outpatient appointments are also available.



# Your Baby Stays With You

You and your baby will stay in the same hospital room. Keeping your little one close offers many health benefits (see below). For this reason, Mercy doesn't have a newborn nursery for healthy babies.

## **Rooming with your newborn:**

- Promotes breastfeeding
- Encourages skin-to-skin contact
- Strengthens your baby's bond with you and your support person
- Helps your baby transition gently into the world
- Builds your confidence to care for your newborn at home



# Why We Delay Your Baby's First Bath

Delayed bathing helps your newborn adjust to their new world of breathing, sucking, swallowing, maintaining their body temperature and regulating their blood sugar.

We practice delayed bathing to support your baby's transition and reduce stress during their first six to 24 hours of life.



# How to Practice Safe Sleep

- Rooming in and skin-to-skin contact are greatly encouraged. However, always place your newborn in their bassinet if you feel you may fall asleep.
- Newborns shouldn't sleep in the hospital bed with parent(s).
- Always place newborns on their back to sleep.



# Our Neonatal Intensive Care Unit (NICU)



- Mercy Birthplace has a Level III NICU to address any newborn-related health concerns.
- Care teams may include neonatologists, neonatal nurse practitioners, NICU nurses, NICU patient care associates, respiratory therapists, occupational therapists, physical therapists and speech therapists.
- Advanced technologies and equipment help us provide the best care.
- The NICU is located on the fifth floor near Labor and Delivery with secured access.
- Mothers and their support person may visit the baby in the NICU.

A vertical strip on the left side of the image features a vibrant, abstract graphic of overlapping, translucent colored ribbons. The colors transition through a spectrum, including shades of pink, purple, blue, green, yellow, and orange. The ribbons are curved and overlap each other, creating a sense of depth and movement against a solid black background.

Thank you for choosing Mercy Birthplace.  
**Every delivery entrusted to us is a privilege and a joy.**



A STRAIGHT LINE TO GREAT CARE.

