



## Mercy Birthplace

Here for you in pregnancy,  
birth and beyond.

Mercy 

*Your life is our life's work.*





## Say your first hello here.

Giving birth is one of life's greatest moments. Mercy Birthplace supports you at every step, from prenatal care to arriving in labor and meeting your new little one.

### Preparing for Childbirth

Before the big day, take advantage of the many ways Mercy Birthplace gets you baby ready.

#### Your Prenatal Care

Mercy Clinic OB/GYNs, nurse practitioners and certified nurse midwives are renowned for their prenatal expertise. Mercy offers the full spectrum of obstetrical and gynecological care for every stage of a woman's life. Visit [mercy.net](https://mercy.net) to find a caregiver.

### Prenatal Nurse Navigators

Mercy's prenatal nurse navigators guide you through pregnancy and the first months of life as a new mom. To enroll in the program, visit [mercy.net/STLmaternity](https://mercy.net/STLmaternity) or call 314.547.1911. A team member will connect you to:

- Mercy classes and resources, prenatal and after delivery
- Mercy lactation services
- Assist with choosing your pediatrician
- Tour Mercy pediatric facilities
- Introduce you to Mercy Kids services



Scan to learn more, or visit [mercy.net/PrenatalNavigator](https://mercy.net/PrenatalNavigator)

### Gynecological Care

Mercy offers complete and compassionate gynecological care, including well-woman exams, surgical care, pelvic floor therapy, fertility care services and more.

## Childbirth Classes

Our affordable childbirth classes give you the knowledge and confidence you need before, during and after your baby's birth. Explore our current class offerings at [mercy.net/STLmaternity](https://mercy.net/STLmaternity).

## Maternity Tours

What happens when the big day arrives? Mercy Birthplace tours walk you through every exciting step. Visit [mercy.net/STLmaternity](https://mercy.net/STLmaternity) to schedule a birthplace tour.

## High-Risk Pregnancy Care

Our Maternal-Fetal Health Centers, located in Creve Coeur and O'Fallon, Missouri, as well as Maryville, Illinois, provide high-risk pregnancy care 24/7. If your baby needs extra care, our team guides you through the process and connects you with pediatric specialists.

## Antepartum Care

Moms with high-risk pregnancies may need to be hospitalized on bedrest or limit their activities before delivery. Mercy's Antepartum Unit provides comprehensive care in comfortable surroundings for expectant women who experience:

- Pre-term labor (contractions before 37 weeks)
- Premature rupture of membranes
- Bleeding
- High blood pressure
- Diabetes
- Smaller-than-expected fetal growth
- Pregnancy with more than one baby
- Polyhydramnios (more than the expected amount of fluid around the baby)
- Ongoing hyperemesis (constant nausea and vomiting)







# Oh baby! It's time.

Here's our quick guide to where to go and what to do when you're in active labor. **Signs of active labor include:**

- Longer, stronger and more painful contractions that are three to five minutes apart
- Lower-back pressure or leg pain
- Feeling the urge to push
- Water breaking

## Your Arrival

Mercy Birthplace is located at 615 S. New Ballas Road in Creve Coeur.

## Parking

Park in the surface lot by the main entrance or in one of our hospital parking garages, where we have designated maternity parking spots.

## Maternity Welcome Center

Use the main entrance, which is open 24 hours. The Maternity Welcome Center will be immediately to your right. You'll check in and be evaluated in our OB Triage Unit, which features 12 private rooms.



## Your Birth Experience

You're in great hands at Mercy Birthplace. Whatever type of birth experience you choose, our experienced childbirth professionals provide exceptional care. Doulas and family members are welcome to be part of your birth experience.

### Labor & Birth Unit

Our highly trained Labor and Delivery nurses monitor your progress and provide expert care throughout your birth experience. Our first priority is keeping you and your baby safe. Anesthesiologists and certified nurse anesthetists are available 24/7 for pain management.

#### Amenities include:

- Spacious, all-private suites with soothing decor
- Multi-jet showers in all rooms, and whirlpool tubs in most suites
- Wireless, waterproof fetal monitors
- Birth balls and balance bars to enhance labor progress
- A generous fold-out couch for your birth partner
- An ergonomic recliner and footrest
- Flat-screen TVs
- Wi-Fi and work spaces for birth partners
- Nearby waiting areas for your loved ones
- Private rooms for cesarean birth preparation and recovery





### Low-Intervention Suites

For expectant parents who prefer a spontaneous, unmedicated birth we offer two low-intervention suites. These rooms have queen-size beds, hotel-inspired linens and extra space to move during labor. If you're considering this option, we encourage you to attend our Natural Childbirth Preparation classes.

### Mercy Birthing Center Midwifery Care

If you choose an unmedicated birth with care provided by certified nurse midwives, Mercy has an in-hospital, low-risk birthing center. The Birthing Center offers a home-like birth with the safety of hospital resources nearby.

### Level IV NICU

Many expectant parents find comfort in knowing that Mercy Birthplace has a Level IV NICU to address any newborn-related health concerns. Care is provided by Mercy Kids neonatologists and neonatal nurse practitioners.

## Your Hospital Stay

After delivery, your new family moves to a private room to recover and bond with your baby.

### Mother-Baby Unit

Nurses and certified lactation consultants support you with baby-care basics, including feeding, swaddling, diapering and bathing. Healthy moms and babies receive "couplet care," which keeps your baby close by and gives you confidence to care for your newborn at home.

### Amenities include:

- Light snacks, room service and a kitchen for new parents
- Space for your family members and visitors
- Sleeping accommodations for your birth partner
- Complimentary HALO sleep sacks for babies to support safe sleep
- Free Wi-Fi to connect you to family and friends



# Parent-to-Be Checklist

- Preregister for childbirth by calling **314-364-4646**.  
Or use the MyMercy+ app to preregister - from the main menu, go to the Find and Schedule Care section and select **Register for My Delivery**.
- Register for childbirth classes, schedule a maternity tour and enroll in the Prenatal Nurse Navigator Program by visiting [mercy.net/STLmaternity](https://mercy.net/STLmaternity).
- Download our free **Countdown to Baby Guide** and **Plan for Childbirth Guide**.
- Join our Facebook group for expectant and new moms: **Mercy Moms to Be - STL**.
- Install your baby's car seat and get it inspected at a **National Highway Traffic Safety Administration (NHTSA)** inspection station near you.

## Phone Numbers To Know

### Maternity Welcome Center

314.251.6092

### Prenatal Nurse Navigators

314.547.1911

### Women's Education

314.961.2229

### Mercy Children's Hospital

314.251.6000

### Physician Referral Service

314.FOR.DOCS (367.3627) or 1.888.700.7171

### Birth Certificate Office

314.251.6813





**Mercy Birthplace - St. Louis**

615 S. New Ballas Rd. | St. Louis, MO 63141  
314.251.6092



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[mercy.net/STLmaternity](https://mercy.net/STLmaternity)