



## Mercy Birthplace St. Louis

From the moment you know you are expecting, we are here to take care of you and your **miracle in the making** every step of the way.

Mercy 

*Your life is our life's work.*



## Providing a Unique Birth Experience

Mercy's Maternal Newborn services are designed to make one of the best times in your family's life even more fulfilling.

### Here's how Mercy provides more for today's growing families.

- Affordable classes so you feel confident about giving birth and caring for your baby. We also have programs to prepare new grandparents, soon-to-be siblings and even the family pet!
  - Our Maternity Welcome Center, which offers a convenient check-in just inside the main hospital entrance
  - Designated Maternity Center parking spots for families in a rush
  - An OB Triage Unit, adjacent to the Maternity Welcome Center, with 12 private rooms where nurse midwives can evaluate moms who believe they are in labor or are having a pregnancy-related concern
- A Mercy Birth Plan tool so you can communicate with your health care team about what is most important to you during your birth experience
  - Labor and birth suites that are beautifully designed with colors, textures and lighting that create a soothing environment and advanced childbirth technology when needed
  - A commitment to keep healthy moms and healthy babies together with little or no separation required
  - Couplet care in our Mother and Baby Unit where nurses provide all the support and education you need to prepare for taking your newborn home

## Obstetricians

Choose from more than 125 obstetricians on staff at Mercy. Find an OB/GYN at [mercy.net/stlouis-doctors](http://mercy.net/stlouis-doctors).

## Mercy Maternal and Fetal Medicine

Our Maternal Fetal Medicine physicians (specialists in high-risk pregnancy) are available 24/7 for consultation. We offer seven Maternal and Fetal Health Centers in Creve Coeur, south St. Louis County, Crystal City, O'Fallon, Sullivan and Washington, MO, and Maryville, IL to provide you with expertise, convenience and the latest diagnostic technology closer to home. If your baby is diagnosed with an anomaly or illness that requires additional care, you will receive guidance from our Fetal Care Team, who will help you through the process prior to birth and assist you with the coordination of pediatric specialty care, if needed after your baby arrives. Addressing health issues earlier leads to healthier outcomes.





## Labor & Birth Unit

When it's time to give birth, your physician and a team of specially trained health care professionals will care for you in a comfortable and welcoming environment. Our nurses monitor your labor progress while providing high-touch and high-tech care as needed. All of our nurses are trained to provide labor support and comfort techniques during labor and birth. The safety of mom and baby are our #1 priority. Specialized OB anesthesiologists and certified nurse anesthetists provide 24/7 pain management care tailored to meet your individual needs. Many expectant parents find comfort in knowing that if needed, Mercy has a Level III (highest level) Neonatal Intensive Care Unit ready to address any newborn-related health concerns.

### **Additional Amenities in Our Labor & Birth Suites:**

- Multi-jet showers in all rooms and whirlpool tubs in 17 of the suites to provide comfort and relaxation during labor
- Wireless, waterproof fetal monitors that allow moms to walk, shower and even bathe during labor while still monitoring their contractions and their baby's heart rate
- Birth balls and balance bars to enhance mom's labor progress
- A generous fold-out couch for your birth partner
- An ergonomic recliner and footrest
- Flat-screen TVs with an auxiliary jack for MP3 players and other electronic devices
- Free Wi-Fi and plenty of work space for birth partners.
- Nearby waiting areas, designed with families in mind
- Private peri-operative rooms for cesarean birth preparation and recovery

## Mother Baby Unit

Following your baby's birth you'll spend the remainder of your hospitalization on the Mother Baby Unit where you'll enjoy many of the same amenities found in the labor and birth suites

### **Additional Amenities on Our Mother Baby Unit:**

- Room service meals help you plan eating around your baby's feeding schedule
- Sleeping accommodations allow your birth partner to spend the night
- The Newborn Channel® provides answers to many questions related to your recovery and newborn care
- Breastfeeding support provided by your Mother Baby nurse and lactation consultants when extra help is needed
- Complimentary HALO sleep sacks provided to all babies, to support Safe Sleep

### **For parents-to-be who'd like a more natural birth experience:**

Mercy offers two dedicated low-risk birthing suites with queen-sized beds, hotel-inspired linens and labor tubs, with extra room to move about during labor. Patients considering this program are encouraged to attend Natural Birth Preparation childbirth classes.

## Advanced Care for Your Baby - All in One Place

If your new baby needs special care due to a critical illness or premature arrival, he or she is in very good hands in our Level III Neonatal Intensive Care Unit (NICU) - inside the only pediatric hospital in St. Louis County and the largest in the region. Our Emerson Level III NICU provides the highest level of advanced neonatal care just steps away from our Labor, Delivery and Recovery suites. We've designed this special area to nurture your baby's development that's best for helping your baby grow and thrive. You can visit as much as possible, and call your baby's NICU nurse at any time of day to talk about your baby. Our dedicated, experienced team of neonatologists, neonatal nurse practitioners, registered nurses, pharmacists and respiratory therapists care for your baby 24 hours a day. As part of Mercy Kids, the NICU is supported by more than 80 pediatric specialists. When your baby is ready to leave Mercy, we will give you the education and support you will need to help transition to life together at home.

- Our Emerson Level III Neonatal Intensive Care Unit (NICU) is part of the only pediatric hospital in St. Louis County - your baby stays in the same hospital with you.
- We focus on bonding babies with their parents in a healing environment.
- More premature and critically ill babies are cared for in our NICU and Special Care nursery than at any other hospital in Missouri.
- Families are encouraged to take advantage of the amenities and restful atmosphere of our Ronald McDonald family room within the pediatric hospital. Or, for longer stays, the Ronald McDonald House located on Mercy's campus.
- Parents benefit by connecting with the NICU parent support group, NICUPS (Neonatal Intensive Care Unit Parent Support).



## Antepartum Unit

Occasionally, it becomes necessary for a mom with a high-risk pregnancy or symptoms to need extra care. This may require a hospital stay on bedrest or limiting activities to help the baby grow safely.

Mercy's Antepartum Unit provides comprehensive medical and nursing care in comfortable and supportive surroundings. Our maternal-fetal medicine specialist physicians work closely with the patient's primary care OB/GYN physician and neonatologists to ensure that mother and baby receive the best care possible.

### We care for pregnant women with:

- 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 expected amount of fluid around the baby)
- Ongoing hyperemesis (constant nausea and vomiting)

Our staff will help you find positive ways to handle the extra time on your hands and lessen the stress and worry, while taking special care of you and your baby. We've created a unique healing environment to support you in every way possible.

### Antepartum unit features:

- Private rooms and flexible room service meals to help you feel at home
- A recreation room to gather with your family
- Group activities with other hospitalized expectant moms
- Movie and book lending library
- Maternity education and group classes about high-risk pregnancy, strategies for surviving bed rest, and what to expect if your baby is born prematurely and requires a stay in the Neonatal Intensive Care Unit (NICU)
- Visits from a variety of Mercy health care professionals including activity therapy, pastoral care and physical therapy





## Education and Classes

**Planning for your baby's birth and life with you is part of the journey of motherhood.**

Mercy makes it easy to learn about pregnancy, birth and parenting with confidence, through a variety of classes and online tools. You'll find online resources at [mercy.net/stlmaternity](http://mercy.net/stlmaternity) including our Mercy Birth Plan form, Birth Experience Guide and Baby-on-the-Way Guide.

### Social Networking

Connect with other moms and moms-to-be, enjoy health tips and fun information on our social media page.



**Mercy Moms to Be - STL**

### Maternity Programs

- Maternity Center Tours

### Birth Preparation

- Labor and Birth, Newborn Care and Breastfeeding Package - six-week series
- Labor and Birth - three-week series
- Labor and Birth Express - on a Saturday or Sunday
- Labor and Birth Refresher
- Labor and Birth Preparation Online eClass
- Natural Birth Preparation - five-week series
- HypnoBabies® - six-week series
- Cesarean Birth Preparation

### Caring for Your Newborn

- Breastfeeding Basics: A Successful Start
- Breastfeeding Online E-Class
- CPR for Family and Friends
- Hello Baby! Newborn Care Basics - on a Saturday or Sunday
- Happiest Baby on the Block
- Newborn Care Online E-Class
- Preparing for Multiple Blessings - three-week series

### Prenatal Fitness

- Move It Baby! Prenatal Yoga

### Family Programs

- Tiny Tots, Super Star and Awesome Older Sibling Programs
- Grandparenting Today
- Preparing Your Pet for the New Baby

### Meet other new moms by attending these programs after your baby's birth:

- Mercy Parents Connect - a support group for new parents (free)
- Breast-feeding with Confidence - weekly in several locations (free)
- Move It Baby! Mom and Baby Yoga class - six-week series

For a complete listing of class dates, times and fees and to register go to [mercy.net/stlclasses](http://mercy.net/stlclasses) or call Women's Education at **314-961-2229**.



## Where to go once you arrive

We ask ALL labor patients and their family members to use the **Main Entrance**, open 24 hours a day. Please **DO NOT USE THE EMERGENCY ENTRANCE**. It would be best for your partner to drive up in front of the Main Entrance and assist you inside prior to parking. Check in at the Maternity Welcome Center just inside the Main Entrance.

# Pregnancy Quick Reference

Keep this important information with you during your pregnancy.

## Important To-Do List

Visit [mercy.net/stlmaternity](https://mercy.net/stlmaternity) for information on Mercy Birthplace - St. Louis and other helpful resources such as downloadable guides, pregnancy videos and prenatal classes.

- **Preregister for your birth** by calling 314.364.4646.
- Register online for a tour of Mercy Birthplace along with prenatal classes.
- Choose your **Mercy Children's Hospital** - affiliated health care provider online or call 314.364.4864
- Download our **Birth Experience** guide, containing helpful information on the labor and birth process, and our **Baby-on-the-Way** guide.
- Network with Mercy and other expectant and new moms on our Facebook page: **Mercy Moms To Be - STL**
- Install your baby's car safety seat and have it checked. State inspection locator: [nhtsa.gov](http://nhtsa.gov)
- Preregister with Obstetrical Anesthesia Associates, Inc. Complete health history and insurance information forms at [obepidural.com](http://obepidural.com) or call 314.469.6800.

Maternity Welcome Center  
**314.251.6092**

Women's Education  
**314.961.2229**

Mercy Children's Hospital  
**314.251.6000**

Find a Pediatrician  
**314.364.4864 or 1.866.416.4664**

Find an Obstetrician  
**314.FOR.DOCS (367.3627) or 1.888.700.7171**

Birth Certificate Office  
**314.251.6813**



### Mercy Birthplace St. Louis

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

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