



Mercy Birthplace – Jefferson

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.



Your life is our life's work.



Providing a Unique Birth Experience

Mercy Birthplace – Jefferson 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:

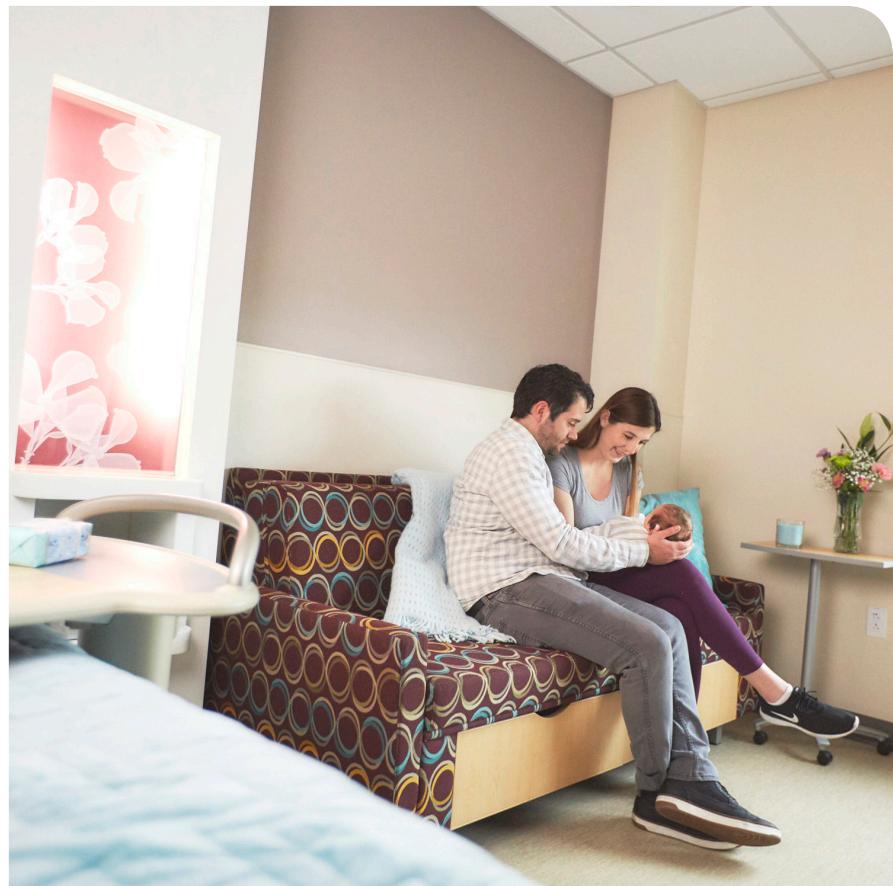
- Free classes so you feel confident about giving birth and caring for your baby. We also have programs to prepare soon-to-be siblings for the arrival of their new family member!
- Designated parking spots for families in a rush
- A Mercy Birth Plan tool so you can communicate with your health care team 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. Check out the online Physician Directory at mercy.net.

Mercy Maternal and Fetal Medicine

Our Maternal Fetal Medicine physicians (specialists in high-risk pregnancy) are available 24/7 for consultation 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 is our #1 priority. 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 II 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 to provide comfort and relaxation during labor
- Wireless, waterproof fetal monitors that allow moms to walk and shower 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
- Flat-screen TVs with an auxiliary jack for MP3 players and other electronic devices
- Free Wi-Fi
- 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 prepared meal to take home on day of discharge

Schedule a tour of our Labor and Delivery Unit by calling **636.933.1395**.

Extra Care for Your Baby – All in One Place

Whatever you need, whenever you need it ... no request is too small.

If your new baby needs special care due to a critical illness or premature arrival, he or she is in very good hands. Our specially trained NICU transport team is there to help. The team travels by land or helicopter to bring infants to the Level III Neonatal Intensive Care Unit (NICU) at Mercy Children's Hospital - located inside Mercy Hospital St. Louis - where babies receive the highest level of neonatal care in St. Louis County. You can 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 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.

- More premature and critically ill babies are cared for in our NICU and Special Care nursery than at any other hospital in Missouri
- Our staff in the Emerson Level III NICU focuses on bonding babies with their parents in a healing environment
- Family members visiting baby are encouraged to take advantage of the amenities and restful atmosphere of the Ronald McDonald family room. Or, for longer stays, the Ronald McDonald House on Mercy Hospital - St. Louis' campus.
- Parents benefit by connecting with the NICU parent support group, NICUPS (Neonatal Intensive Care Unit Parent Support)





Education and classes

Breastfeeding Class

This class is designed for the expectant woman who plans to breastfeed or for those who have questions or concerns in making the decision to breastfeed. Some of the topics discussed are: proper latch-on, skin-to-skin contact, supply and demand of breast milk, hormones related to breastfeeding, and a newborn's schedule and nutritional needs.

The nurse teaching the class is either a Certified Lactation Consultant (IBCLC) or a Breastfeeding Counselor.

There is no fee for this class, but registration is required.

Breastfeeding Online e-class

Our Breastfeeding Online e-class is the perfect alternative for busy parents needing a flexible class schedule or for expectant moms on bed rest. While nothing can replace the personal connection of an on-site maternity class, you'll learn the same essential information, benefits of breastfeeding, how to identify an optimal latch, troubleshooting early breastfeeding challenges and more.

Your registration includes online access for several weeks. To see our Birth Suites and Postpartum Suites in person, schedule a separate Maternity Center Tour.

Fees: \$50

Childbirth Class

This class is designed for the expectant family; focusing on the expectant mother and those who will be in the delivery room with her. Please register to attend between your 28th and 32nd week of pregnancy. Learn the stages and phases of labor, what to expect during your hospital stay, pain management, Cesarean births, recovery and infant care, among other topics. Our Certified Childbirth Educator will take time to answer your individual questions and give you a tour of the Woman/Child Unit.

Fees: Free to moms delivering at Mercy Hospital Jefferson

\$65 for moms not planning to deliver at Mercy Hospital Jefferson

Labor & Birth Preparation Online e-class

Our online Labor & Birth Preparation e-class is the perfect alternative for busy parents needing a flexible class schedule or for expectant moms on bed rest. While nothing can replace the personal connection of an on-site maternity class, you'll learn the same essential information, including what's happening to your changing body, how you'll know when you are really in labor, helpful comfort techniques, advice for birth partners, an overview of medical procedures, and much more. Your registration includes online access for eight weeks. Schedule a separate Maternity Center Tour several weeks before your due date.

Fees: \$50

Sibling class

This class is designed for children ages 3 to 9 years, but any child becoming an older sibling may attend.

Topics include:

- What the child expects when becoming an older sibling
- Sharing
- How to hold a baby
- How their baby may eat
- Habits of a newborn
- Specific concerns for the child and parent
- We will also tour the Woman/Child unit and hopefully see a newborn in the nursery.

Fee: \$5 - Separate registration is required for each sibling if registering more than one child.

To register for a class, visit mercy.net/BirthJefferson or call 636.933.1395.

Important To-Do List

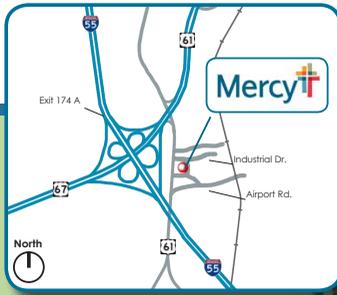
Before Your Baby's Birth at Mercy Hospital Jefferson



- Log onto: **mercy.net/BirthJefferson** to download our Birth Experience Guide, containing helpful information on the labor and birth process; and our Baby on the Way Guide.
- **Register for Expectant Parent classes or a Maternity Center Tour** online at **mercy.net/BirthJefferson** or call **636.933.1395**
- **Choose your baby's primary care physician at Mercy.net**
- Check out our library of pregnancy and newborn care videos at **mercy.net/BirthJefferson**. Learn about childbirth, breastfeeding, baby care and more.
- Network with Mercy and other expectant and new moms on our Facebook page:
Facebook/Mercy Health #MomsChooseMercy

Other Online Resources

- Install your baby's car safety seat and have it checked. State inspection locator: **www.nhtsa.gov**.



Mercy Hospital Jefferson

1400 U.S. Highway 61 South | Festus, MO 63028 | 636.933.1000



Where to go once you arrive

Parking

- Expectant mother parking spots are immediately to the right of the main entrance.

Upon arrival

- Maternity patients and their partner should proceed directly to the Labor and Delivery Unit. From 6 a.m. – 9 p.m. patients may use the main entrance. Take Elevator A to the third floor. For the safety and security of patients and coworkers, after 9 p.m. the main entrance doors are locked. Therefore patients will enter through the Emergency Department.



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