



## Mercy Birthplace - South

From the moment you know you're expecting, we're 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

Our birthplace is designed to make one of the best times in your family's life more fulfilling.

## Here's how Mercy Birthplace - South provides more for today's growing families:

- Affordable classes so you feel confident about giving birth and caring for your baby
- An OB Triage Unit, where nurses evaluate moms who believe they're in labor or are having a pregnancy-related concern, allowing them to bypass the ER
- A Mercy Birth Plan tool so you can communicate with your health care team about what's most important to you during your birth experience
- A commitment to keep healthy moms and healthy babies together with little or no separation required
- Couplet care (caring for you and your baby together) where nurses provide all the support and education you need to prepare for taking your newborn home



## Mercy Maternal and Fetal Medicine



Just steps away from our Labor and Delivery Unit, our Maternal and Fetal Health Center offers the latest technology and advanced care to women who have high-risk conditions or complications during pregnancy.

The Maternal and Fetal Health Center is staffed by board-certified maternal-fetal medicine specialists (also known as perinatologists), who work together with your obstetrician to help you achieve a healthy pregnancy and birth.

### Services Offered Include:

- 4D diagnostic ultrasound
- Diabetes management
- Non-stress tests
- Amniocentesis
- Fetal echocardiogram

Our Maternal Fetal Medicine physicians are available 24/7 for consultation with your obstetrician.

## Level II NICU

Many expectant parents find comfort in knowing that, if needed, Mercy Birthplace – South has a Level II Neonatal Intensive Care Unit (NICU) ready to address any newborn-related health concerns. The NICU, which is just down the hall from the Labor and Delivery Unit, is staffed by Mercy Kids neonatal nurse practitioners and neonatologists.

And if your baby needs more advanced care, Mercy's Emerson Level III NICU, located inside Mercy Hospital St. Louis, provides the highest level of advanced neonatal care. Our specially trained NICU transport team travels by land or helicopter to bring infants to the Emerson NICU.

As part of Mercy Kids, the NICU is supported by more than 80 pediatric specialists. When your baby is ready to leave Mercy, we give you the education and support you need to help transition to life together at home.





## Antepartum Care

Occasionally, it becomes necessary for a mom with a high-risk pregnancy (32 weeks and above) or symptoms to need extra care. This may require a hospital stay on bedrest or limiting activities to help the baby grow safely.

Mercy Hospital South 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 physician, OB/GYN 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
- Oligohydramnios (less-than-expected amount of fluid around the baby)
- Polyhydramnios (more-than-expected amount of fluid around the baby)
- Ongoing hyperemesis (constant nausea and vomiting)

Our caregivers 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.

## Labor & Birth Unit

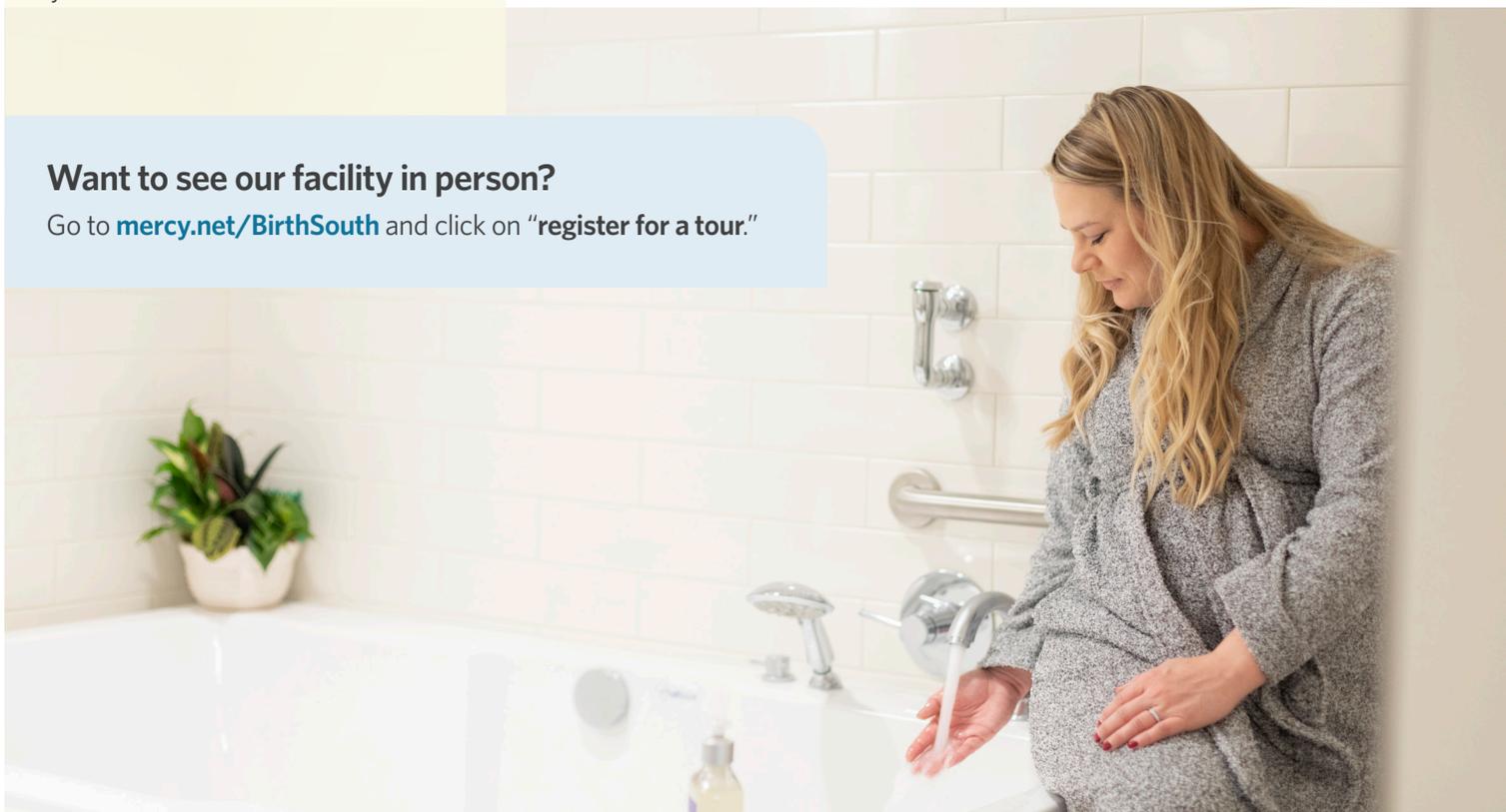
When it's time to give birth, your physician and a team of specially trained health care professionals care for you in a comfortable and welcoming environment. Our nurses monitor your labor progress while providing high-touch and high-tech care as needed. All of our nurses are trained to provide labor support and comfort techniques during labor and birth. Additionally, most have received special training to assist in maternal positioning during labor. These special techniques lend to the highest potential for a vaginal delivery when it is possible. The safety of mom and baby is our first priority. Mercy Hospital South has an OB physician on site 24/7 to handle any emergencies. Anesthesiologists and certified nurse anesthetists provide 24/7 pain management tailored to meet your individual needs.

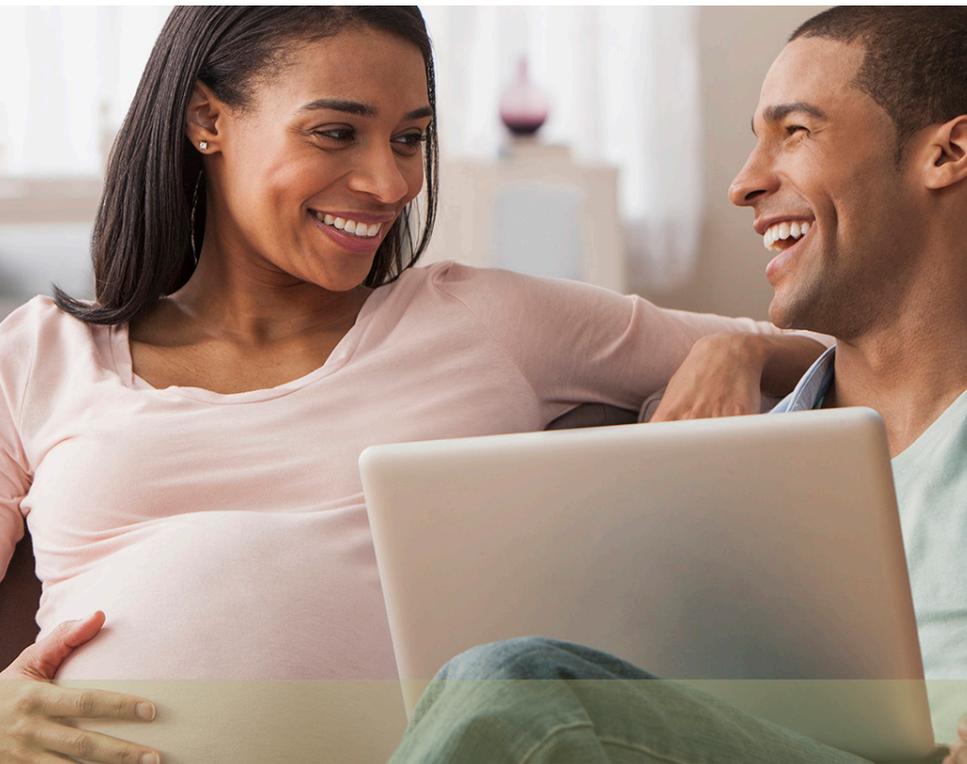
## Additional Amenities in Our Newly Renovated Labor & Birth Suites:

- Fifteen private labor, delivery, recovery and postpartum (LDRP) rooms, allowing you to stay in one room throughout your entire stay
- Two rooms include soaking bathtubs for labor pain relief
- Spa showers are in all rooms - each with multiple jets and a bench for labor pain relief as well as postpartum relaxation
- Wireless, waterproof fetal monitors allow you to walk and shower during labor while still monitoring your contractions and your baby's heart rate
- Birth balls and balance bars can help enhance your labor progress
- A generous fold-out couch allows your birth partner to spend the night
- Flat-screen TVs with an auxiliary jack for MP3 players and other devices are available
- Free Wi-Fi is available
- Nearby waiting areas are designed with families in mind
- Room service helps you plan meals around your baby's feeding schedule
- Breastfeeding support is provided by your Mother/Baby nurse, and lactation consultants are available seven days a week when extra help is needed, even after discharge
- Complementary HALO® sleep sacks are provided to all babies, to support a safe sleep environment

### Want to see our facility in person?

Go to [mercy.net/BirthSouth](https://mercy.net/BirthSouth) and click on "register for a tour."





## Education & Classes\*

### Caring for Your Newborn Class

In this one-day class, detailed information about infant care, including feeding options, normal newborn characteristics, reflexes, bathing and more is covered.

**Cost: \$60**

### Labor and Birth Preparation - One Day

This class is intended for expectant parents with busy schedules. Join us for information about preparing for the labor and birth process. Participants should dress comfortably and attend with the person who will be supporting them during labor.

**Cost: \$60**

*\* Additional classes may be available.*

To register for a class, visit [mercy.net/BirthSouth](https://www.mercy.net/BirthSouth)

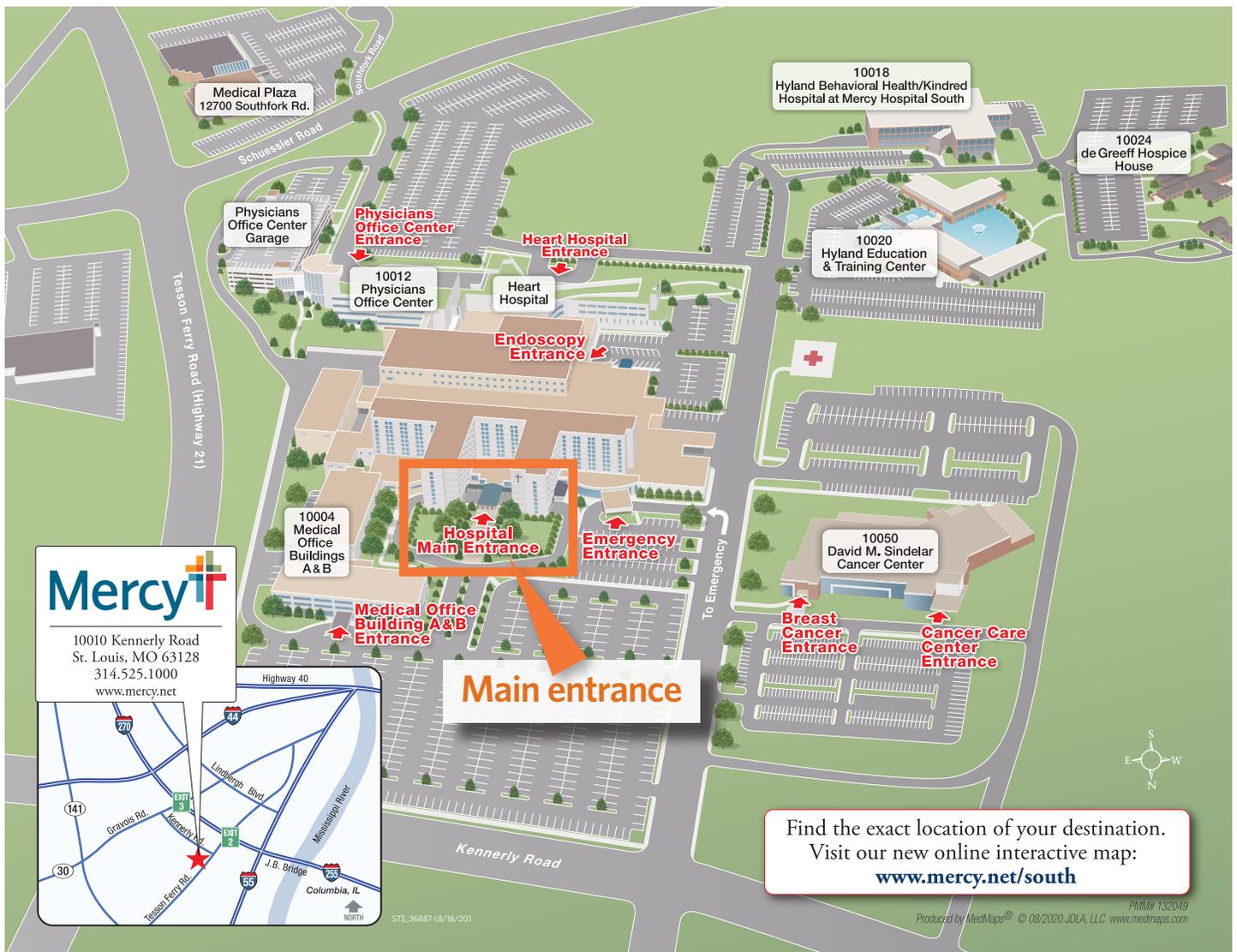
## Important To-Do List

### Before Your Baby's Birth at Mercy Hospital South

- Log onto: [mercy.net/BirthSouth](https://www.mercy.net/BirthSouth) to download our guides to healthy pregnancy, including our Countdown to Baby Guide, Plan for Childbirth Guide, and even a checklist for dads-to-be
- Register for expectant parent classes or a maternity center tour at [mercy.net/BirthSouth](https://www.mercy.net/BirthSouth)
- Choose your baby's primary care physician at [mercy.net](https://www.mercy.net)

### Other Online Resources

- Install your baby's car safety seat and have it checked; state inspection locator: [www.nhtsa.gov](https://www.nhtsa.gov)



**Mercy**

10010 Kennerly Road  
St. Louis, MO 63128  
314.525.1000  
www.mercy.net



Find the exact location of your destination.  
Visit our new online interactive map:  
[www.mercy.net/south](http://www.mercy.net/south)

## Where to Go Once You Arrive

### Parking

- Please park your car in the surface lot off Kennerly Road by the main hospital entrance

### Upon Arrival

- Maternity patients and labor partners should enter through the main entrance and proceed directly to the Labor and Delivery Unit; take Elevator A to the 4th floor
- Please note the main entrance is locked from 8:30 p.m. to 5 a.m.; if you're arriving during those hours, use the emergency entrance



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