



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.



THE FUTURE OF HEALTH CARE IS HERE

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 Emergency Department, where nurses evaluate moms who believe they're in labor or are having a pregnancy-related concern, allowing them to bypass the main Emergency Department
- 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 South Fetal Care Team

Even if you're very healthy, your pregnancy may be considered high-risk based on factors such as your genetics, age, or unexpected complications. For moms with a high-risk pregnancy, life can be pretty stressful. Extra visits to the doctor and antenatal testing may be needed to protect you and your baby's health.

Mercy fetal care specialists are experts in diagnosing and treating fetal conditions. Thanks to advancements in medical expertise and technology, we are more prepared than ever to successfully care for moms and babies at risk.

Your Fetal Care Team at Mercy South Perinatal Center helps make life easier for high-risk moms by coordinating care for you, answering your questions and ensuring you get support every step of the way. We develop a personalized care plan, map out your appointments and continually follow up to keep you informed. Throughout your pregnancy, count on us to help ensure the best outcome for you and your baby.

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)
- Preeclampsia (High blood pressure)
- Other moderate to high-risk conditions

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.

Mercy Maternal and Fetal Medicine



Mercy South Perinatal Center

When pregnancy becomes complicated, you want doctors and nurses who can help you and your baby every step of the way.

At the Mercy South Perinatal Center, you'll be cared for by some of the area's most respected maternal and fetal medicine specialists. Our doctors work with your obstetrician to provide high-level care.

Services at our center include:

- 4D diagnostic ultrasound
- Diabetes management
- Non-stress testing to monitor fetal heart rate.

- Biophysical profiles to observe baby's movement, breathing, muscle tone or amniotic fluid level.
- Doppler flow studies to measure blood flowing to the baby and detect signs of heart problems.
- Dedicated GYN ultrasounds and specialized procedures to evaluate the uterus and fallopian tubes.

Mercy South's Perinatal Center has been recognized with the AIUM Ultrasound Practice Accreditation for Fetal Echocardiology, one of only two certified centers in the St. Louis area.

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 connections to your personal devices
- Free Wi-Fi makes your preferred birthing music and internet easily accessible
- 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

Level II Special Care Nursery



When your baby needs extra care, every second matters, and so does where you turn. At Mercy South, our Level II Special Care Nursery delivers advanced neonatal expertise in a warm, family-centered environment, so you can feel confident your baby is in the very best hands from the very beginning.

Care That's Ready When You Need It

Expert care isn't something you wait for —it's something you can count on. With neonatal nurse practitioners on-site 24/7 and neonatologists always available, your baby receives immediate attention and continuous expert oversight, day or night.

Specialized Support for Growing Babies (32+ Weeks)

Our highly skilled team is equipped to care for infants born at 32 weeks and beyond, providing advanced support for breathing, blood sugar stabilization, infection management, and feeding —helping your baby grow stronger every day.

A Healing Environment for the Whole Family

We know your presence matters. That's why our nursery is designed to keep families close, with comfortable rooms featuring sleeper sofas for "rooming-in" and a welcoming family lounge for comfort and connection throughout your stay.

Stay Close, Even When You're Away

You never have to miss a moment. With secure photo updates and live video connections, you can stay involved in your baby's care and celebrate every milestone, no matter where you are.

Connected to Mercy's Highest Level of Care

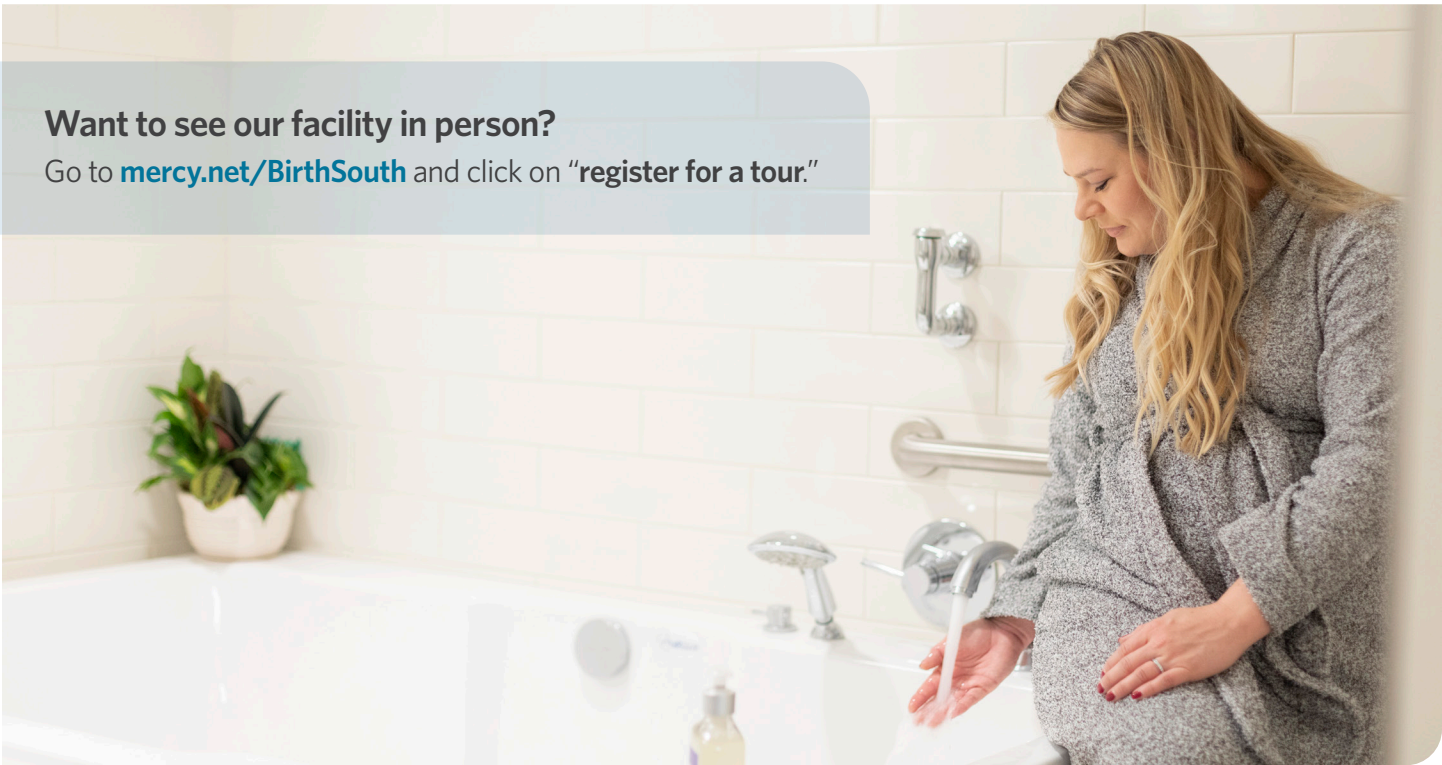
If more advanced care is needed, you're already in the right place. Our Mercy Kids transport team provides rapid, seamless transfer to the Level IV NICU at Mercy St. Louis, ensuring immediate access to some of the most advanced neonatal care in the region.

Confidence Starts Here

At Mercy South, we combine leading-edge neonatal care with heartfelt compassion, so you can focus on what matters most: your baby's health, your family's comfort, and a strong, healthy start.

Want to see our facility in person?

Go to mercy.net/BirthSouth and click on "register for a tour."





Important To-Do List Before Your Baby’s Birth at Mercy Hospital South

- ☐ Log on to: 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
- ☐ Choose your baby’s primary care physician at mercy.net

Other Online Resources

- ☐ Install your baby’s car safety seat and have it checked; state inspection locator: www.nhtsa.gov



Education & Classes*

Breastfeeding Basics

This two hour class is for expectant mothers and their partners. In this class, taught by certified lactation consultants, you will learn strategies to successfully breastfeed your baby during those first few days and weeks after baby’s birth.

Cost: \$25

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

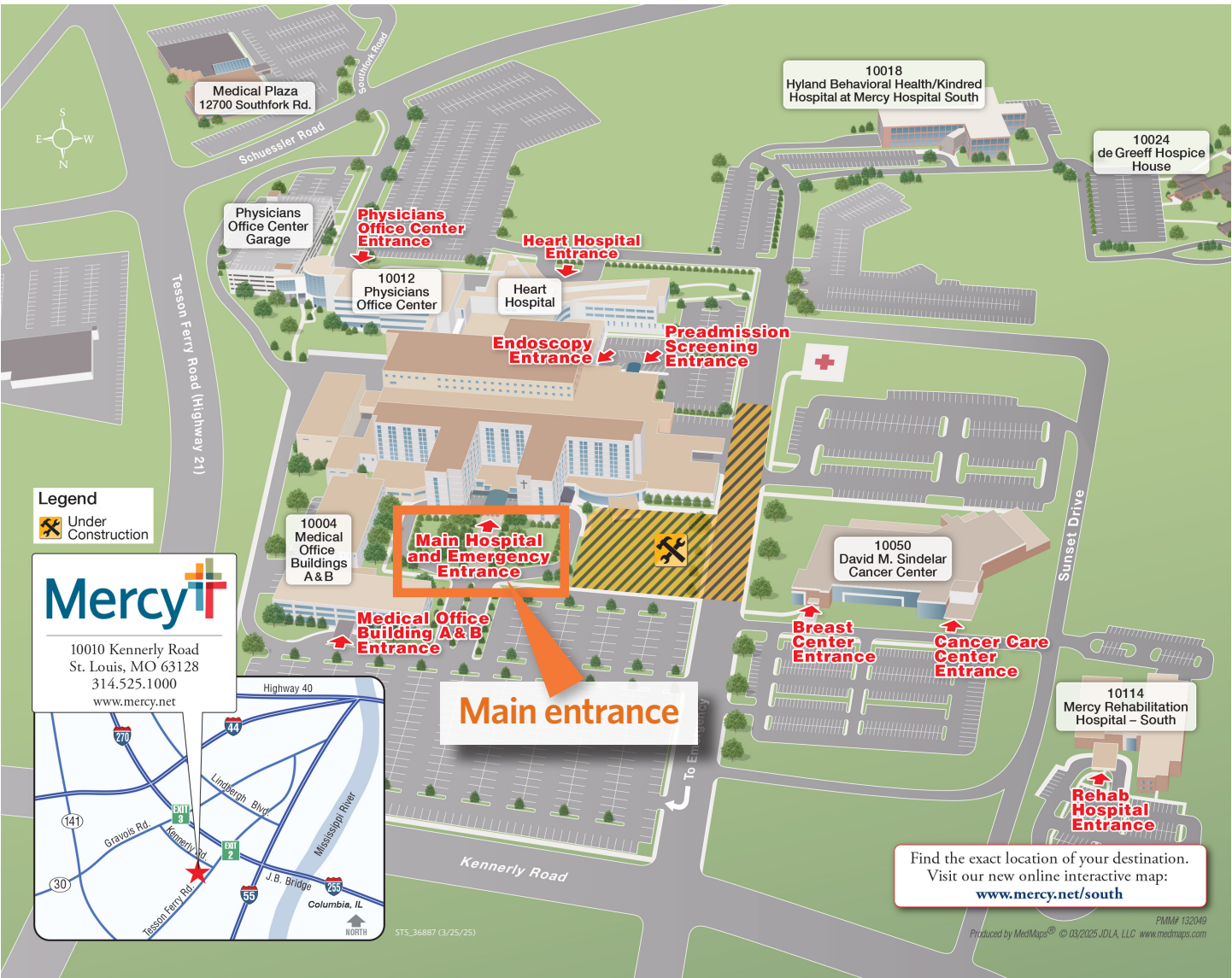
Labor and Birth Preparation – One Day

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



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



Mercy Hospital South

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mercy.net/BirthSouth