



Mercy Maternity Pregnancy Quick Reference

Important To-Do List

Before Your Baby's Birth at Mercy

Log onto: [mercy.net/stlmaternity](https://www.mercy.net/stlmaternity) for links to important things to do several weeks or months prior to your baby's birth or call one of the numbers listed below for assistance.

- Preregister for your birth by calling 314.364.4646.**
- Register for Expectant Parent classes or a Maternity Center Tour** online or call **314.961.2229.**
- Choose your Mercy Children's Hospital-affiliated health care provider** online or call **314.364.4864.**
- Find answers to our most **"Frequently Asked Questions"** and download our handy packing list for your hospital stay. You'll also find a guide for **My Birth Experience at Mercy** and a form to download to create your personal **My Mercy Birth Plan.**
- Network with Mercy and other expectant and new moms on our Facebook page: **Facebook/Mercy Health #MomsChooseMercy**

Other Online Resources

- Preregister with Obstetrical Anesthesia Associates, Inc.** Complete health history and insurance information forms at www.obepidural.com or call **314.469.6800.**
- Install your baby's car safety seat** and have it checked. State inspection locator: www.nhtsa.gov.



Your life is our life's work.

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



Where to go once you arrive:

Parking

- Park your car in the Hospital Parking Garage or surface lot off Conway Road.
- We have some designated Maternity Welcome Center spots in the Hospital Garage

Maternity Welcome Center

- We ask ALL maternity patients and their family members to use the Main Entrance, open 24 hours-a-day..
- Maternity patients and their partner should check in at the Maternity Welcome Center located just inside the Main Entrance.
- Family members should use the Children's elevators when visiting Labor and Birth and the South Elevators for the Mother Baby area.

Pregnancy health concerns:

You may experience concerns about your health or the health of your baby during your pregnancy.

Call your physician immediately if:

- Vaginal bleeding occurs
- Your water breaks
- You have four to six contractions per hour or more before 37 weeks of pregnancy
- There is a major change in baby's movement
- Any of your body signals are of concern to you.

Important names and numbers:

OB Physician: _____

Office number: _____

Exchange number: _____

Maternity Welcome Center: 314.251.6092

Women's Education: 314.961.2229

Feel free to call the Maternity Welcome Center if you have any questions or concerns.

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