

Mercy Maternity Pregnancy Quick Reference



Important To-Do List

Before Your Baby's Birth at Mercy

Log onto: <http://mercy.net/stlouismo/service/mother-and-baby-care> 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** online or call **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: **Mercy Moms-to-Be STL** and our blog at **OnMommysMind.net**.

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.





Where to go once you arrive:

Parking

- Free valet parking is available for maternity patients between 11 a.m. and 7 p.m. at the Main Entrance of the hospital.
- The Main Entrance (formerly Conway) Garage has designated expectant mother parking on the street level.

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.
- Other family members should use the Yellow Elevators when visiting Labor and Birth or the Mother-Baby Unit.

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 & numbers:

OB Physician _____

Office number _____

Exchange number _____

Maternity Welcome Center 314-251-6092

Women's and Children's Education 314-961-2229

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