

First moments  
are born here



# Congratulations, you're expecting!

Life begins at MercyOne. We've been providing high quality, mother-centric care to families for more than 125 years.

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**Begin life's greatest journey at MercyOne!**

## Childbirth Education Class and Tour Registration

[MercyOne.org/babyevents](http://MercyOne.org/babyevents)

## Virtual Tour

MercyOne Des Moines Medical Center  
1111 6th Avenue  
Des Moines, IA 50314  
515-643-MOMS  
[MercyOne.org/desmoines/baby](http://MercyOne.org/desmoines/baby)

MercyOne West Des Moines  
Medical Center  
1755 59th Place  
West Des Moines, IA 50266  
515-358-8700  
[MercyOne.org/wdmbaby](http://MercyOne.org/wdmbaby)

## Childbirth Education and Doula Services

515-358-5060

## Lactation Services

515-358-2082

## OB Emergency/ Antepartum Unit

515-358-3100

## Des Moines Birthing Unit

515-358-3000

## West Des Moines Birthing Unit

515-358-8700

## Des Moines Mother/Baby Unit

515-358-2000

## West Des Moines Mother/ Baby Unit

515-358-8700









# Why MercyOne Maternity & Infants' Care?

We believe the highest standard is the only standard. That's why we are dedicated to providing a remarkable birthing and recovery experience for parents who choose to deliver at MercyOne.

Each year, our caring and highly-skilled colleagues help welcome more than 4,000 babies into the world, so you can take comfort in knowing you and your baby are in experienced hands.

Our facilities feature the best in mother and infant care alongside comforting amenities that are sure to make your stay soothing and memorable. Available at two locations, downtown Des Moines on the MercyOne Des Moines Medical Center campus and at MercyOne West Des Moines Medical Center – Maternity & Infants' Care is designed to provide advanced technology and comfort for each stage of your birthing experience. Our centers care for low- and high-risk pregnancies, deliveries and newborns. We work with you and your provider to honor your birth plan, while providing leading-edge care. From comfortable patient gowns and luxury birthing suites, to state-of-the art technology and advanced care, we offer all of the extras that will help make your first memories with your baby unforgettable.

Read on to learn more about the services we offer, our complimentary childbirth education and infant CPR classes, what you should bring, when to arrive to deliver and more.



## Obstetric Emergency Department (OB ED) – Downtown Des Moines

MercyOne is the first hospital in the state of Iowa to offer an Obstetric Emergency Department (OB ED) staffed 24/7 by OB providers for pregnancy emergencies. Women who are at least 14 weeks gestation can be treated in the OB ED/ Antepartum Unit, located the third floor in the East Tower. Patients will be seen by an OB provider within 30 minutes of arrival. If you call your OB's office with emergent symptoms, your provider may refer you to be seen at the OB ED. For additional peace of mind, the physician on-call in the OB ED is also available to assist with deliveries should you arrive in active labor and your provider is unable to arrive in time for delivery.

## Antepartum Unit

The antepartum area is designed to provide comfortable, comprehensive care for mothers who need to be hospitalized during a pregnancy before it is time to deliver. Whether you need prolonged bedrest due to pregnancy complications or a brief hospitalization due to an acute illness, our dedicated and specially-trained nursing staff is skilled in caring for both your physical and emotional needs during this important time.

## Birthing Unit

Your comfort during this exciting time is vital to your birthing experience! Each private birthing suite is equipped to accommodate a multitude of birthing plans. In a home-like and sun-lit suite, you'll have all the technical support needed for a safe birth, and pleasant and soothing surroundings for the most comfortable delivery. Upon your arrival, you can request a volunteer birth doula. They are available at no charge on a first-come, first-served basis.

If you are considering a vaginal birth after cesarean (VBAC), MercyOne is equipped for the procedure. During your pregnancy, you will need to confirm with your OB provider if he or she is willing to perform a VBAC delivery.

The birthing unit features newly updated, 520-square-foot private birthing suites. Our amenities include:

- Volunteer birth doula services
- Three dedicated cesarean rooms with private recovery rooms for post-surgery
- Modern, adjustable birthing bed
- Jacuzzi tub to labor in
- Sleep sofa for labor partner
- Free wireless internet
- Flat panel TV with DVD player or Bluetooth capabilities
- Two spacious waiting rooms for friends and family
- Large windows to allow for lots of natural light
- Refrigerator for personal use

## While visiting you in the hospital,

children less than 42 inches tall can enjoy the play area in the unit's lobby, donated by Variety, the Children's Charity.





## Mother/Baby Unit

To ensure you have the best care at every stage, you and your baby will be transferred to our Mother/Baby Unit after you recover in the Birthing Unit for a few hours. While each delivery is unique, the average length of stay is two days for an uncomplicated vaginal delivery and three days for an uncomplicated cesarean section delivery.

While on the Mother/Baby Unit, nurses will provide the education and reassurance to prepare you for your journey home, helping you feel comfortable caring for yourself and your baby once you leave the hospital.

The Mother/Baby Unit contains spacious, newly updated rooms, with amenities that include:

- State-of-the-art infant security system
- Newborn nursery staffed 24/7
- Private, in-room dining area
- Lactation specialists to help with breastfeeding
- Sleeper sofa for support person
- Flat-panel TV with DVD player or Bluetooth capabilities
- Refrigerator for personal use
- Hair dryer included in the en suite bathroom
- Free wireless internet
- Room service dining, which allows you to select meals from an expansive menu between 6:30 a.m. and 6:30 p.m. (included for mothers and available at an additional cost for birthing partners and guests)
- Professional photographers from Bella Baby are available to capture this special time. Photos are uploaded to a password-protected website for you to share with friends and family across town or across the country. There is no charge for the sitting and photos can be purchased at your discretion.

## Neonatal Intensive Care Unit (NICU)

No mother expects to deliver a very low birth weight baby or one with health challenges – but, if you do, you can feel assured knowing our NICU is only steps away. We care for more fragile babies than any other Iowa hospital. You can stay together in the same hospital – just one or two floors apart. Our in-house neonatologists are available 24 hours a day, seven days a week, and there is a team of experts waiting to care for your baby. Our NICU offers:

- Highest level of certification in Iowa
- 44 rooms accommodating up to 62 babies
- Centralized nursing stations so your baby's nurse is always visible and available
- Sofa bed for you to stay at bedside
- Neonatologist on duty 24/7
- Physicians, nurses and respiratory therapists certified in neonatal resuscitation
- NICU-specific lactation team
- State-of-the-art equipment for your baby
- Refrigerator in each room
- Large windows to allow for natural light
- Private rooms with sound dampening windows and doors and dimmer switch lights
- Free wireless internet





## Volunteer Birth Doulas

The MercyOne Volunteer Birth Doula Program offers volunteer birth doulas that are “on-call” for a 24-hour period each month. Patients who are in active labor and choose to have a birth doula will receive them on a first-come, first-served basis at no additional cost. Not knowing demand, there will not be a guarantee of no-cost doula services; however, if you would like to guarantee a doula, you may contract with a doula and pay out-of-pocket.

## What to expect from the MercyOne Volunteer Birth Doulas

Upon admission to MercyOne, the services of a birth doula will be offered to you if you haven’t already contracted with one.

- The birth doula will arrive as soon as she can and will speak with you about your desired birth plan.
- The doula will then work with the medical team to help make sure your birth plan is heard and understood.
- The doula will support you throughout your labor and delivery by keeping you moving, using massage, essential oils, music, pressure points, rebozo scarves and a host of other tools.
- The doula will not replace your support person; the doula will help keep your labor partner close and involved for the duration of the labor should you desire it.
- After your baby is born, the birth doula will ensure you have time alone with your little one during the golden hour post delivery.

For more information and to see a list of MercyOne’s volunteer doulas who are accepting clients, visit [MercyOne.org/desmoines/baby](https://www.mercyone.org/desmoines/baby). You may also contact Jennifer Callahan, MercyOne Volunteer Birth Doula Coordinator, at 515-358-5060 or [jcallahan@mercydesmoines.org](mailto:jcallahan@mercydesmoines.org) for help coordinating private contracts with the doulas, answering questions about the program and helping you select the right doula for you and your family.

## Lactation Services

Breastfeeding your baby is an important decision. It can be a tender, rewarding part of motherhood that offers advantages for you and your newborn baby. We respect your choices as a mother, and should you choose to breastfeed, our staff will work with you one-on-one in the privacy of the Mother/Baby Unit. You can also get your insurance-covered breast pump delivered to your Mother/Baby room.

Our lactation specialists are also available to help and advise you on the following:

- How to establish your milk supply
- Breastfeeding twins and multiples
- Assist with latching and positioning your baby
- Choosing and using your breast pump
- Balancing breastfeeding and work

If you need a one-on-one lactation consultation after you go home, MercyOne Lactation Services offers appointments. Your insurance will be billed for the lactation consultation visit. Please check with your insurance company about applicable co-pays. To schedule an appointment, please call 515-358-2082.





# Providers who deliver at MercyOne

Several physicians and nurse practitioners deliver babies at MercyOne Des Moines Medical Center. For the most current listing of individual providers delivering at MercyOne, please visit [MercyOne.org/desmoines/baby](http://MercyOne.org/desmoines/baby).

## Perinatal Center

MercyOne Perinatal Center offers a complete spectrum of perinatal services, preconception consults, consult for high-risk pregnancies, consults for fetal anomalies, prenatal screening and ultrasounds. Our doctors are board-certified in maternal-fetal medicine – specializing in care for pregnant women and their babies. Our sonographers specialize in the field of obstetrics and use state-of-the-art ultrasound machines. The center also provides co-management for diabetic care of Type 1, Type 2 and gestational diabetes.

First trimester screening is a recommended test to identify risk for trisomy 13 (Patau syndrome), 18 (Edwards syndrome), and 21 (Down syndrome). This test is usually completed between weeks 11-13 of pregnancy using a blood test along with an ultrasound measurement of the thickness of the fluid space at the base of the back of your baby's neck. According to the American College of Obstetricians and Gynecologists, all expecting moms should be offered genetic testing.

To learn more about the Perinatal Center's services, please call 515-643-6888.

The following private practice groups also provide delivery services at MercyOne Des Moines Medical Center:

### **MercyOne South Des Moines Family Medicine**

6601 SW 9th St., Des Moines  
515-643-9400  
[www.MercyOne.org/desmoines](http://www.MercyOne.org/desmoines)

### **Central Iowa OB/GYN Specialists**

2501 Westown Pkwy., Ste. 1101,  
West Des Moines  
515-267-8300  
[www.centraliowaobgyn.com](http://www.centraliowaobgyn.com)

### **Iowa Clinic OB/GYN**

5950 University Ave. West Des Moines  
1221 Pleasant St., Des Moines  
515-875-9290  
[www.iowaclinic.com](http://www.iowaclinic.com)

### **Primary Health Care Eastside**

3509 E 29th St., Des Moines  
515-248-1600

### **Primary Health Care at Mercy**

250 Laurel St., Des Moines  
515-643-4610  
[www.phcinc.net](http://www.phcinc.net)

### **OB/GYN Associates**

330 Laurel St., Ste. 1100, Des Moines  
515-288-3287  
[www.obgyndm.com](http://www.obgyndm.com)

### **Vitae Family Care**

1355 50th St., Ste. 100,  
West Des Moines  
515-225-3261  
[www.vitaefamilycare.com](http://www.vitaefamilycare.com)

### **West Des Moines OB/GYN Associates**

4949 Westown Pkwy., Ste. 140,  
West Des Moines  
515-223-5466  
[www.westdesmoinesobgyn.com](http://www.westdesmoinesobgyn.com)



# Preparing for your bundle of joy

When anticipating a new experience, confidence comes from knowing what to expect. All of our childbirth education classes are personalized, interactive and taught by certified childbirth educators. Our comprehensive curriculum is designed so you can participate in an array of classes free of charge, from the moment you realize you are pregnant through your last trimester and beyond. We offer both in-person and online classes for your convenience. All in-person classes are held at MercyOne Des Moines Medical Center in downtown Des Moines. Virtual classes are held via Zoom and you will be sent the link and information the day before the class.

It is recommended you register for all classes during your first trimester. For the ideal learning experience, we suggest the following schedule:

- 2nd trimester:** Baby Basics, Postpartum Adjustments, Baby Finance 101 and Beyond Birth  
**3rd trimester:** Prenatal Classes, Breastfeeding Essentials, Fast Track, Refresher Class, Boot Camp for New Dads, Sibling Class, Online Prenatal Classes, and Spanish Prenatal Classes

**For more information about classes, or to register online, visit [MercyOne.org/babyevents](https://mercyone.org/babyevents).**

## Take a tour

In-person birthing unit tours are currently being held at both our MercyOne Des Moines Medical Center (downtown and MercyOne West Des Moines Medical Center (West Des Moines.

Tours are held twice a month (the 2nd and 4th Sundays occurring at 1 pm and again at 2 pm.

To register for our MercyOne Birthing Unit Tours, or to virtually tour our beautiful birthing units, please visit: [mercyone.org/babytours](https://mercyone.org/babytours)

[View a virtual tour of MercyOne Des Moines Medical Center](#)

[View a virtual tour of MercyOne West Des Moines Medical Center](#)

## Yomingo – MercyOne Maternity App

MercyOne offers anytime, anywhere pregnancy education powered by YoMingo®, an education program designed to give you convenient access to valuable information. This education is important during the prenatal months through the end of your pregnancy and beyond. It includes the tools and support you need at every stage. This education is available on any device with an internet connection and also as a mobile app called myYoMingo®. It also comes in multiple languages. [Register today!](#)

## Great Expectations

This small-group class is offered for parents who are newly expecting and want to know what to expect during their pregnancy. An OB/GYN, dietitian, childbirth educator, doula and physical therapist will teach you about all of the resources we have available for your pregnancy and labor journey. Tours are available before and after the event. Please enroll in a tour time when signing up for this event.

**\*Class schedules are subject to change. Please visit [MercyOne.org/babyevents](https://mercyone.org/babyevents) periodically to check for the current class schedules and events.**







# Other important information for parents

## Pain Management Options

Most moms-to-be are nervous about the potential pain from labor and delivery. The amount of pain you will experience will be different than your sister or best friend – and can be influenced greatly by your preparation for it. Attending childbirth education classes is helpful to educate yourself about the birthing experience.

Our colleagues will provide you with many options to help minimize pain during labor. We will do our best to accommodate you with pain-relieving techniques of your choice (be sure to complete the birth communication tool on page 21 after referencing the pain medication preference scale on page 23). Remember, the safety of you and your baby is always the first consideration.

We offer the following options for labor pain management:

- Medications (including epidural)
- Nitrous oxide
- Breathing techniques
- Touch or massage
- Relaxation
- Music
- Position changes
- Aromatherapy
- Hot/cold therapy
- Hydrotherapy with whirlpool tubs
- Volunteer birth doulas

## Infant Security

The Mother/Baby Unit provides a safe environment for you and your baby. You can feel assured MercyOne has a state-of-the-art security system in place to keep your newborn safe in the hospital. Both our Birthing Unit and Mother/Baby Unit are locked 24/7 to provide an additional layer of security. Guests must sign in when entering the units and receive a visitor pass to wear.

Additionally, parents are asked to leave large amounts of money, valuables and weapons at home.

## Visiting Guidelines

We are committed to the safety of our patients, visitors, colleagues, physicians and the communities we serve. Visitor restrictions are updated as needed to help protect the safety of our patients, colleagues and community. Please check our website for current visitor guidelines.

## Birth certificate and Social Security number

Before you go home, a nurse or social worker will instruct you on how to complete your birth certificate worksheet. You will receive your baby's social security card and birth certificate in approximately 12 weeks. MercyOne has maternity Notary Publics if you should need this service.

The State of Iowa assesses a \$40 fee to file a birth certificate and has asked MercyOne to collect this fee. This charge will show on the statement you receive following your discharge from MercyOne. Your insurance carrier does not reimburse this fee; it is an obligation of the parents to pay. The fee is waived for those whose expenses are paid by the state's medical assistance program (Title XIX).

You are able to apply for a social security number for your baby by checking "yes" on the birth certificate worksheet. The social security card will be mailed to your home in approximately 90 days.

## Advanced directives for health care

A growing number of people are taking an active role in their care while they are healthy. We suggest you state your health care preferences in writing while you are healthy and able to make important decisions through legal documents called advanced directives.

Our Pastoral Care Department can help you in planning and preparing advance directives for your health care. If you would like more information or assistance completing an advance directive, please ask your nurse to contact MercyOne Pastoral Care at 515-247-3238.

## Insurance, financial assistance and planning

Often the birth of your baby is the first major experience you'll have with a hospital. You probably have a lot of questions about the costs for which you'll be responsible.

A few weeks prior to the time you expect to deliver, we recommend you contact your health insurance provider to review your benefits. It may be helpful to ask your insurance company the following questions:

- What is my deductible?
- What percentage does the insurance company pay after my deductible is met?
- What is the maximum amount for which I'm responsible?
- What proof of birth is required and how soon can I enroll my baby for coverage?
- What am I responsible for in obtaining a breast pump?

After receiving your pre-admission form and before you deliver, our insurance team may verify your insurance and call to discuss the hospital portion of your financial obligation. Remember: your doctor, anesthesia and other providers will bill separately, in addition to the bill you receive for hospital services.

If you do not have insurance, MercyOne resource coordinators are available to assist you by calling 515-247-3174. In many cases, programs are available to help pay the medical costs that go along with having a baby. A MercyOne resource coordinator will visit with you within 48 hours of giving birth to discuss programs available to you.

## Some common insurance terms:

- Deductible – the amount paid each year by you, as a health insurance plan enrollee, before benefits begin.
- Co-insurance – the patient portion of coinsurance is the percentage you pay after your deductible is met until you reach your out-of-pocket maximum.
- Co-payment – (also known as co-pay) is a payment defined in your insurance policy and paid by you each time a medical service is accessed.
- Out-of-pocket maximum – the most you will have to pay "out of pocket" each calendar year.

You'll understandably be taking care of the immediate needs of your newest family member, but it is also important to consider their long-term financial needs. Here are some things to do before or immediately after your baby is born:

- Make or edit your existing family budget.
- Get a Social Security Number for your child. You can fill out the application for this while you're in the hospital after your baby is born.
- Add your child to your health insurance.
- Purchase or modify existing life insurance coverage to provide protection for the child in case something happens to you.
- Update beneficiary designations on accounts and policies.
- Open a bank savings account for deposits of monetary gifts.
- Open a college savings account. Visit [www.collegesavingsiowa.com](http://www.collegesavingsiowa.com) for more information.
- Create or modify your will to name a legal and alternate guardian for your child.





# Care for your little one

**MercyOne  
Pediatrics Services**

As a parent, you want the best care for your child. The experienced and compassionate medical staff at MercyOne Children's Hospital and MercyOne Pediatrics Care Clinics provide a wide range of services for children ages newborn through teenagers.

## **Choosing your baby's health care provider**

It's never too early to start thinking about care for your little one after he or she is born. The pediatricians at MercyOne Pediatrics Care Clinics' nine locations are dedicated to making sure your child is on track for healthy growth and development. It's a good idea to meet with a provider before your baby arrives to make sure you feel comfortable with him or her, and the care that will be provided for your child. This is also a good opportunity to discuss well-baby visits, immunizations and what to expect at each visit.

## MercyOne Children's Hospital care

Emergency Care Designed with Kids in Mind – MercyOne Des Moines Pediatric Emergency Care, located at the downtown Des Moines campus, is committed to the special emergency needs of infants, children, adolescents and their families. Our staff is a devoted team of emergency pediatric nurses, doctors, child life specialists and other support staff specially trained in children's care. Pediatric specialists are available for consultation at all times. Our kid-specific instruments fit the exact needs of the very special patients under our care, and the center's bright colors provide a friendly and comforting atmosphere. Our Pediatric Emergency Care is available 24 hours a day, seven days a week and offers:

- Level II verified pediatric trauma center;
- Pediatric transport team for ground and air ambulance transports for children and babies;
- Dedicated pediatric emergency staff and specialists;
- Child life specialists to provide additional comfort and care; and
- Child-friendly rooms and equipment.

**Inpatient Pediatric Unit** – MercyOne's experienced pediatric hospitalists are specialized in the complete care of newborns and pediatric patients of all ages. Our unit has private patient rooms for the comfort of family members. Our child life specialists provide family-centered care, along with our dedicated pediatric social worker, pharmacists and dietitians.

For parents who need to stay close while their child is hospitalized, there is a Ronald McDonald House located on the 4th floor. Our new House includes 14 bedroom suites that sleep up to five people, a full-size kitchen and dining room, laundry room, play room and respite rooms. Families of patients who are 21 and under and are receiving treatment at MercyOne are referred by a social worker, nurse, child life specialist or doctor.

**Variety Pediatric Intensive Care Unit (PICU)** – Our unit features private patient rooms staffed by full-time doctors and nurses experienced in pediatric critical care. Pediatric specialists – including surgeons, cardiologists, a cardiothoracic surgeon, a neurosurgeon, a craniofacial surgeon, trauma surgeons and otolaryngologists (Ear, Nose and Throat providers, or ENTs) – are also available to deliver specialized care to your child.

**Pediatric Specialists** – We offer specialized health care services for children with unique needs. Our specialties include: surgery, gastroenterology, neurology, psychiatry and therapy (occupational, speech and physical). In addition, we have the only hospital-based craniofacial and children's reconstructive surgeon in Iowa, who works specifically with infants and children born with clefts and other facial malformations. MercyOne also has central Iowa's first fellowship-trained pediatric neurosurgeon for children's brain and spine surgery, and central Iowa's only cardiothoracic surgeon for heart surgeries.

## MercyOne Pediatrics Care Clinic locations

### Des Moines

515-643-8611

### Ankeny

515-643-9000

### Pleasant Hill

515-643-2600

### Clive

515-222-7337

### Johnston

515-643-6090

### Waukee

515-643-7090

### Indianola

515-961-8448

### Grimes

515-300-3900

## Des Moines Pediatrics Urgent Care Clinic

Monday-Friday, 7 a.m.-7 p.m.  
Saturday and Sunday,  
9 a.m.-4 p.m.

For minor illnesses and injuries after hours. No appointment needed.  
330 Laurel St., Ste. 2100, Des Moines  
515-358-6500



**Find a pediatrician,  
urgent care clinic  
and more online at  
[MercyOne.org/  
desmoines!](https://www.mercyone.org/desmoines)**



# Preparing for the big moment

Check items off your “to do” list!

## Pregnancy Checklist

Now that you’re expecting, you may be wondering what to do next and when. We’ve put together the following information that will help guide you in checking off items from your “to do” list to get ready for when the big moment comes!

### First trimester

- ☐ Register for all childbirth education classes during your first trimester – especially Great Expectations or Stork Affair. Refer to the MercyOne Birthing Class schedule insert or find online at [MercyOne.org/babyevents](http://MercyOne.org/babyevents).

### Second trimester

- ☐ Take a virtual tour of MercyOne’s birthing facilities. Visit [MercyOne.org/desmoines/baby](http://MercyOne.org/desmoines/baby) for a virtual tour of MercyOne Des Moines Medical Center. Check out [MercyOne.org/wdmbaby](http://MercyOne.org/wdmbaby) for a virtual tour of our new MercyOne West Des Moines Women and Infants’ Care center.
- ☐ If you are employed, check with your employer about maternity, paternity and family leave benefits.
- ☐ If you are planning to return to work or school after your baby arrives, begin to think about child-care plans.
- ☐ If you haven’t done so already, start thinking about possible names for your baby or babies.
- ☐ Register online at [MercyOne.org/babyevents](http://MercyOne.org/babyevents) for Baby Basics to learn more about bathing and swaddling
- ☐ Register online at [MercyOne.org/babyevents](http://MercyOne.org/babyevents) for Breastfeeding Essentials to learn more about breastfeeding your baby.
- ☐ Choose a doctor for your baby. MercyOne offers pediatric services throughout the metro. Visit [MercyOne.org/desmoines](http://MercyOne.org/desmoines) to learn more.

### Third trimester

- ☐ Register online at [MercyOne.org/babyevents](http://MercyOne.org/babyevents) for Prenatal Class, Online Prenatal Class or Fast Track.
- ☐ Pre-register for your delivery during your seventh month by completing the pre-admission form in the folder. Return to MercyOne at the address provided or register online at [MercyOne.org/desmoines/baby](http://MercyOne.org/desmoines/baby).

- ☐ Complete both the birth and newborn communication plans located in the back of this birthing folder. Pack these in your hospital bags and hand to your nurse or doula once you are admitted.
- ☐ Install your baby’s car seat. Please refer to the manufacturer’s recommendations for the car seat. Additional information regarding an appropriate installation can be found in the owner’s manual of your vehicle, in the child restraint section. If you have concerns about your baby’s car seat, you should consult a certified car seat technician. Please refer to the car seat manufacturer’s recommendation regarding when to replace the seat.
- ☐ Pack your “go-bag” for when you go into labor. Refer to the packing list on page 20 for details.
- ☐ Prepare siblings for the birth of the new baby and make arrangements for care of your child(ren) for when you are in the hospital.
- ☐ Make arrangements for pet care while you are in the hospital.
- ☐ If you plan to breastfeed, check on insurance coverage for a breast pump.
- ☐ Get things ready for when you return home – like fixing and freezing meals, purchasing a package of maxi-pads, and making sure you have diapers, clothing and blankets for your baby.

### After you return home

- ☐ Be sure to add your baby to your insurance policy. Most policies require this to be done within 30 days.
- ☐ Request outpatient lactation appointment for breastfeeding assistance if needed.
- ☐ Come back and share your experience in Boot Camp for New Dads or Postpartum Adjustments classes.

# It's time!

## Arriving at MercyOne Des Moines Maternity & Infants' Care

You should arrive at MercyOne Des Moines Medical Center through the East Tower entrance, located on 3rd Street (parking is located directly across from the East Tower entrance).

If you arrive during the day, please proceed directly to Level 3 (the Birthing Unit) via the elevators directly inside the East Tower entrance. Wheelchairs are available in the main lobby if you need assistance. If you arrive between the hours of 9 p.m. and 6 a.m., the East Tower courtesy desk will call the Birthing Unit to notify them you are coming or to request a nurse assist you.

Once you are in your room, a nurse will discuss your symptoms and do a vaginal exam to determine cervical dilation and rupture of membranes. This exam assesses the status of your cervix and position of your baby's head. The nurse will also monitor your baby's heart rate.

Finally, your nurse will go over your prenatal history and discuss your birth plan (located on page 21). This is a good time to discuss any specific labor requests with your nurse.



### Important locations to know:

**Childbirth Education Classes, East Tower Conference Center, Level A**

**Mother/Baby Unit, East Tower, Level 2**

**Obstetric Emergency Department (OB ED) and Antepartum Unit, East Tower, Level 3**

**Birthing Unit, East Tower, Level 3**

**Neonatal Intensive Care Unit (NICU), East Tower, Level 4**



### View interactive map!





# Arriving at MercyOne West Des Moines Maternity & Infants' Care

You should arrive at MercyOne West Des Moines Medical Center through either the main entrance or Emergency Department. Please park in the visitor parking lot.

When you arrive, you will be directed to the 7th floor where Labor & Delivery is located. Wheelchairs are available if you need assistance.

Once on the 7th floor, a nurse will discuss your symptoms and do a vaginal exam to determine cervical dilation and rupture of membranes. This exam assesses the status of your cervix and position of your baby's head. The nurse will also monitor your baby's heart rate.

Finally, your nurse will go over your prenatal history and discuss your birth plan. This is a good time to discuss any specific labor requests with your nurse.



## Important locations to know:

**Birth Unit, Level 7**



## View interactive map!



# Pain medications preference scale

By Penny Simkin, PT

You and your partner may use this scale to determine your preferences regarding the mother's use of pain medications during labor. Begin with each of you choosing the number that best matches your feelings. Then compare. If you are not in close agreement, discuss your choices to reach an agreement. The woman's preferences are ultimately more important and must prevail if you cannot agree. The right hand column describes the help she needs from her partner.

(Adapted from: The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth, by Penny Simkin)

Number: What it means	How can the labor partner help
<b>+10</b> A desire that she feel nothing; a desire for anesthesia before labor begins.	This is an impossible extreme; if she is a +10, she has no interest in helping herself in labor. Help her accept that she will have some pain.
<b>+8</b> Fear of pain; lack of confidence that mother will be able to cope; dependence on staff for pain relief.	Follow recommendations for +10. Suggest she discuss fears with care giver or childbirth educator.
<b>+7</b> Definite desire for anesthesia as soon as possible, or before labor becomes painful.	Be sure the doctor is aware of her desire for early anesthesia; learn whether this is possible in your hospital. Inform staff when you arrive.
<b>+5</b> Desire for epidural anesthesia before transition (7–8 cm. dilation). Willingness to cope until then, perhaps with narcotic medications.	Encourage her in breathing and relaxation. Know comfort measures. Suggest medications to her in labor as she approaches active labor.
<b>+3</b> Desire to use pain medications, but would like as little as possible. Natural childbirth is not a goal.	Plan to be active as a birth partner to help her keep medication use low. Use comfort measures. Help her get medications when she wants them. Suggest reduced medications when she wants them. Suggest reduced doses of narcotics or a "light" epidural block.
<b>0</b> No opinion or preference. This is a rare attitude among pregnant women; but not uncommon among birth partners.	Become informed. Discuss medications. Commit yourself to helping her decide her preferences. If she has no preference, let the staff manage her pain.
<b>-3</b> Would prefer that pain medications are avoided, but only if labor is short or easy. Wants medication otherwise.	Do not suggest she take pain medications. Emphasize coping techniques. Do not try to talk her out of pain medications.
<b>-5</b> Strong preference to avoid pain medications, mainly for baby's benefit. Is actively preparing (practicing labor coping skills and reading outside childbirth class) and learning comfort measures, but will accept medications for difficult labor.	Prepare yourself for a very active role and, if possible, invite or hire an experienced labor support person to accompany and help the two of you. Practice together in advance. Thoroughly learn how to help her relax and breathe in pattern. Know the comfort measures. Do not suggest medications. If she asks, try other alternatives. Have her checked for progress. Ask her to try five more contractions without medication. Be firm, confident and kind. Maintain eye contact and talk her through each contraction. Get help from others.
<b>-7</b> Very strong desire for natural childbirth, for sense of personal gratification as well as to benefit baby. Will be disappointed if she uses medications.	Follow the recommendations for – 5, but with even greater commitment; interpret requests for pain medication as an expression that she needs more help. Use the Take Charge Routine. Only if that does not work do you stop trying to help her cope without medications.
<b>-9</b> Wants medication to be denied by staff, even if she asks for it.	This is very difficult for you to be responsible for her satisfaction. Promise to help all you can, but the final decision is not yours. It is hers.
<b>-10</b> Will not use medication even for cesarean delivery.	An impossible extreme. Encourage her to learn of complications that require painful interventions. Help her get a realistic understanding of risks and benefits of pain medications.