FIRST MOMENTS
ARE BORN HERE
Congratulations
you’re expecting

**CHILD BIRTH EDUCATION CLASS AND TOUR REGISTRATION**
(515) 643-MOMS, option 2, or mercydesmoines.org/babyclasses

**VIRTUAL TOUR**
mercydesmoines.org/seethesuite

Mercy Medical Center – Des Moines
1111 6th Avenue
Des Moines, IA 50314
mercydesmoines.org/baby
(515) 643-MOMS

**CHILD BIRTH EDUCATION AND DOULA SERVICES**
(515) 358-5060

**BIRTHING UNIT**
(515) 358-3000

**OB EMERGENCY/ANTEPARTUM UNIT**
(515) 358-3100

**MOTHER/BABY UNIT**
(515) 358-2000

**LACTATION SERVICES**
(515) 358-2082

**NEONATAL INTENSIVE CARE UNIT**
(515) 358-4000

Life begins at Mercy. We’ve been providing high quality, mother-centric care to families for more than 100 years.

Your Doctor ____________________________

Insurance Company __________________________

Baby’s Doctor ____________________________
WHY

Mercy Women & Infants’ Center?

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 Mercy.

Each year, our caring and highly-skilled staff helps welcome nearly 5,000 babies into the world, so you can take comfort in knowing you and your baby are in experienced hands.

Our facility features the best in mother and infant care alongside comforting amenities that are sure to make your stay soothing and memorable. Located in downtown Des Moines on Mercy’s central campus, the Women & Infants’ Center is part of a six-story building designed to provide state-of-the-art technology and comfort for each stage of your birthing experience. Our center cares 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.
**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.

While in the Birthing Unit, you will receive care from nurses specializing in the labor and birthing process. Nurses in the Mother/Baby Unit will provide expert care for your recovery. Specialists in perinatology and neonatology are available 24/7 should the need arise.

A neonatologist is a pediatrician who has received specialized and advanced training in caring for babies who are premature or have medical complications. A neonatologist attends all cesarean section deliveries, premature deliveries (before 37 weeks of gestation) or any delivery in which your obstetrician feels it is needed. Mercy’s Neonatal Intensive Care Unit is located one floor above the Birthing Unit – mere steps away.

The birthing unit features 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
- 27” flat panel television with DVD/CD player
- Two spacious waiting rooms for friends and family
- Large windows to allow for lots of natural light
- Refrigerator for personal use
- Free wireless internet

**MOTHER/BABY UNIT**

To ensure you have the best care at every stage, you and your baby will be transferred to Mercy’s 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 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 breast-feeding
- Sleeper sofa for support person
- Flat-panel televisions with DVD player
- 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.

**OBSTETRIC EMERGENCY DEPARTMENT (OB ED) AND ANTEPARTUM UNIT**

Mercy is the first hospital in the state 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 OBs office with emergent symptoms, they may refer you to be seen at the OB ED. The physician on-call in the OB ED is also here to assist with deliveries should you arrive in active labor and your provider is unable to arrive in time for delivery.

The antepartum area is designed to provide comfortable, comprehensive care for mothers who need to be hospitalized during a pregnancy. The unit offers the same amenities as the Mother/Baby Unit. Our dedicated and specially-trained nursing staff is skilled in caring for both your physical and emotional needs during this important time.
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. Mercy cares 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:

- 44 rooms that can accommodate 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 dampering windows and doors and dimmer switch lights
- Free wireless internet
CARE
for mom and baby

MERCY’S PERINATAL CENTER OF IOWA

Mercy’s Perinatal Center of Iowa (PCI) offers a complete spectrum of perinatal services, including case management for high-risk pregnancies, prenatal screening and ultrasounds. Mercy’s staff has board-certified maternal-fetal medicine doctors – specializing in care for pregnant women and their babies. PCI sonographers specialize in the field of obstetrics and use state-of-the-art ultrasound machines.

First Trimester Screening is a recommended test to identify risk for specific chromosomal abnormalities, including Down syndrome and trisomy 18. This test is usually completed between weeks 11-14 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. Using your age, results of the blood test and the ultrasound, PCI experts can estimate your risk of carrying a baby who has Down syndrome (also called trisomy 21) or Edwards syndrome (trisomy 18). The main benefit is first trimester screening offers the earliest results for these birth defects. According to the American College of Obstetricians and Gynecologists, all expecting moms should be screened for Down syndrome.

For more information regarding first trimester screenings or other services PCI offers, please call (515) 643-6888 or visit perinataliowa.com.
MIDWIFE SERVICES
Having a nurse midwife present for your delivery is an option all women should have. It has been shown that having a nurse midwife attributes to low percentages of inductions, episiotomies and cesarean sections. That is why Mercy Clinics Midwifery is available for women with low-risk pregnancies. They also provide an outpatient clinic for pregnancy care.

They will honor your choice to have either a natural birth or the use of pain management. When you are admitted, a midwife will be present to deliver your baby and support you through the delivery. They work together with OB physicians and, if necessary, will include them in the delivery. To learn more, call Mercy Clinics Midwifery at (515) 643-6869.

MERCY LACTATION SERVICES
Breast-feeding your baby is a very important decision. It can be a tender, rewarding part of motherhood that offers advantages for you and your newborn baby. Mercy respects your choices as a mother, and should you choose to breast-feed, our staff will work together with you one-on-one in the privacy of the Mother/Baby Unit. Mercy’s lactation specialists are also available to help and advise you on the following:

• How to establish your milk supply
• Breast-feeding twins and other multiples
• Assist with latching and positioning your baby
• Choosing a breast pump
• Balancing breast-feeding and work

New moms and their babies are encouraged to attend one of our informal gatherings each month. These events offer moms an opportunity to talk with other moms and ask Mercy’s lactation specialists questions.

MOMMY & ME
A Mercy International Board Certified Lactation Consultant will be present to address your questions and concerns. Breast-feeding observation and assistance with latching are provided as well. Scales are available for before and after feeding weight checks. This group meets on the second and fourth Tuesday of each month from 11 a.m. to noon, in the East Tower Auditorium on Level A at Mercy Medical Center. Registration is not required.

BREAST-FEEDING EVENING SUPPORT GROUP
General breast-feeding education will be discussed. Support from lactation specialists and peers will be available, as well as a scale if you would like to weigh your baby. This group meets on the third Monday of each month from 6 to 7p.m., in Conference Room 1 in the East Tower on Level A.

VOLUNTEER BIRTH DOULAS
The Mercy 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 for it out-of-pocket.

What to expect from the Mercy Volunteer Birth Doulas
Upon admission to Mercy, the services of a birth doula will be available 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, in fact, 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 Mercy’s volunteer doulas who are accepting clients, visit mercydesmoines.org/birthdoula. Contact Jennifer Callahan, Mercy Volunteer Birth Doula Coordinator at (515) 358-5060 or 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.
PREPARING
for your bundle of joy

When anticipating a new experience, confidence comes from knowing what to expect. All of Mercy’s 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. All classes are held at Mercy’s central campus in downtown Des Moines.

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

1st trimester: Great Expectations and/or Stork Affair
2nd trimester: Baby Basics, Postpartum Adjustments, Multiple Blessings, Baby Finance 101, and Now and Then – A Grandparent Class
3rd trimester: Prenatal Classes, Breast-feeding Essentials, Fast Track, Refresher Class, Boot Camp for New Dads and Sibling Class

For more information about classes, please visit mercydesmoines.org/baby or call (515) 643-MOMS. To register online, visit mercy.dm/babyclasses.

TAKE A TOUR
Mercy offers expecting parents two options for touring our facility – in-person group tours and a virtual tour.

Classes that conclude with a tour include Prenatal Classes, Fast Track, Sibling Class and Refresher Class.

To set up an in-person tour outside of a class, visit http://www.mercydesmoines.org/about-mercy/classes-screenings. Select “Birthing Center Tours” from the drop-down menu and click “Search.” Click on the date/time you’d like to attend, then click “Register” on the next screen. It will then put the item in your cart. To complete your registration, go to the cart and click “Check out.” You will be asked some questions before the registration is completed. The tours are free.

To view a virtual tour of the unit, visit mercydesmoines.org/seethesuite.
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.

January 18 and June 21
6:30-8:30 p.m.
East Tower, Level A, Auditorium

STORK AFFAIR
During the year, Mercy will host a baby fair for expecting parents. This event will include educational learning sessions, an opportunity to meet pediatricians, car seat safety check, baby product vendors and more. Look for special announcements about this event during 2018!
Prenatal Class

This comprehensive five-week course provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. You will interact with families in our small classes to think through the evidence-based research that is taught. Our instructors will show you several relaxation techniques and comfort measures including breathing, massage and positioning. A tour is included during the last class of this prenatal series. You will leave this class feeling confident to put together your desired birth plan.

Sundays, 1-3 p.m. or 4-6 p.m.
East Tower, Level A, Conference Rooms 6 & 7

Sessions 1-4:
1 – Jan. 7, 14, 21, 28; Feb. 4
2 – Feb. 18, 25; March 4, 11, 18
3 – April 8, 15, 22, 29; May 6
4 – June 3, 10, 17, 24; July 1

Sessions 5-7:
5 – July 15, 22, 29; Aug. 5, 12
6 – Sept. 9, 16, 23, 30; Oct. 7
7 – Oct. 21, 28; Nov. 4, 11, 18

Mondays, 6:30-8:30 p.m.
East Tower, Level A, Conference Rooms 6 & 7

Sessions 1-4:
1 – Jan. 8, 15, 22, 29; Feb. 5
2 – Feb. 19, 26; March 5, 12, 19
3 – April 9, 16, 23, 30; May 7
4 – June 4, 11, 18, 25; July 2

Sessions 5-8:
5 – June 19, 26; July 10, 17, 24
6 – Aug. 7, 14, 21, 28; Sept. 4
7 – Sept. 18, 25; Oct. 2, 9, 16
8 – Oct. 30; Nov. 6, 13, 20, 27

Tuesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 7

Sessions 1-4:
1 – Jan. 2, 9, 16, 23, 30
2 – Feb. 13, 20, 27; March 6, 13
3 – March 27; April 3, 10, 17, 24
4 – May 8, 15, 22, 29; June 5

Sessions 5-8:
5 – June 16, 23, 30; Aug. 6, 13
6 – Sept. 10, 17, 24; Oct. 1, 8
7 – Oct. 22, 29; Nov. 5, 12, 19

Wednesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 7

Sessions 1-4:
1 – Jan. 3, 10, 17, 24, 31
2 – Feb. 14, 21, 28; March 7, 14
3 – March 28; April 4, 11, 18, 25
4 – May 9, 16, 23, 30; June 6

Sessions 5-8:
5 – June 20, 27; July 11, 18, 25
6 – Aug. 8, 15, 22, 29; Sept. 5
7 – Sept. 19, 26; Oct. 3, 10, 17
8 – Oct. 31; Nov. 7, 14, 21, 28
### ONLINE PRENATAL CLASS

From the comfort of your own home, you can explore our comprehensive five-week course that provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. At your own pace during the course, you will read through the evidence-based research and learn several relaxation techniques and comfort measures including breathing, massage and positioning. An optional classroom session will be held at the conclusion of the class at Mercy for families to practice hands-on massage and positioning, will also have the opportunity to ask a certified childbirth educator questions to review content, and a tour of the facility will be provided. *Note this class has a $35 fee.

**Online class schedule starting dates**

<table>
<thead>
<tr>
<th>Sessions 1-4:</th>
<th>Sessions 5-8:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – Jan. 4</td>
<td>5 – June 21</td>
</tr>
<tr>
<td>2 – Feb. 15</td>
<td>6 – Aug. 9</td>
</tr>
<tr>
<td>3 – March 29</td>
<td>7 – Sept. 20</td>
</tr>
<tr>
<td>4 – May 10</td>
<td>8 – Nov. 1</td>
</tr>
</tbody>
</table>

**Optional face-to-face hands-on and review session to conclude each online session.**

**Thursdays, 6-9 p.m.**

East Tower, Level A, Conference Room 7

<table>
<thead>
<tr>
<th>Sessions 1-4:</th>
<th>Sessions 5-8:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – Feb. 1</td>
<td>5 – July 26</td>
</tr>
<tr>
<td>2 – March 15</td>
<td>6 – Sept. 6</td>
</tr>
<tr>
<td>3 – April 26</td>
<td>7 – Oct. 18</td>
</tr>
<tr>
<td>4 – June 7</td>
<td>8 – Nov. 29</td>
</tr>
</tbody>
</table>

### FAST TRACK

This single session class provides the basics of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. Our instructors will introduce you to some relaxation techniques and comfort measures including breathing, massage and positioning. A tour is included during the conclusion of the course. You will leave this class feeling confident to put together your desired birth plan. *Note this class has a $30 fee.

**Saturdays, 9 a.m.-3 p.m.**

East Tower, Level A, Conference Rooms 6 & 7

<table>
<thead>
<tr>
<th>Jan. 13</th>
<th>Feb. 10</th>
<th>March 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 14</td>
<td>May 12</td>
<td>June 9</td>
</tr>
<tr>
<td>July 14</td>
<td>Aug. 11</td>
<td>Sept. 8</td>
</tr>
<tr>
<td>Oct. 13</td>
<td>Nov. 10</td>
<td>Dec. 8</td>
</tr>
</tbody>
</table>

**Sundays, 12 p.m.-6:30 p.m.**

East Tower, Level A, Conference Room 6 & 7

<table>
<thead>
<tr>
<th>Jan. 28</th>
<th>March 25</th>
<th>May 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 29</td>
<td>Sept. 30</td>
<td>Nov. 18</td>
</tr>
</tbody>
</table>

### REFRESHER CLASS

This isn’t your first baby? Are you planning for a vaginal birth after cesarean (VBAC)? Do you need a refresher on the basics of labor and postpartum care? Join our Refresher class where we help parents review labor and birthing experience and update you on anything that may have changed since your last baby, along with helping the growing family adjust to new siblings. If you need a reminder on breast-feeding and care for baby, we encourage you to sign up for Breast-feeding Essentials or Baby Basics.

**Saturdays, 9 a.m. - Noon**

East Tower, Level A, Conference Room 7

<table>
<thead>
<tr>
<th>Jan. 20</th>
<th>March 24</th>
<th>May 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 18</td>
<td>Oct. 20</td>
<td>Dec. 15</td>
</tr>
</tbody>
</table>

### BREAST-FEEDING ESSENTIALS

This single session class helps both mom and partner learn the art of providing the best nutrition for your baby. You will learn the most up-to-date information needed for successful breast-feeding. After baby is born, we invite you to join our informal gathering of moms and their breast-feeding babies, Mommy and Me and our Breast-feeding Support Group. Breast-feeding experts are present to weigh your baby and address any questions or concerns while providing further assistance.

**Tuesdays, 6:30-8:30 p.m.**

East Tower, Level A, Auditorium

<table>
<thead>
<tr>
<th>Jan. 9, 23</th>
<th>Feb. 6, 20</th>
<th>March 6, 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 3, 17</td>
<td>May 1, 15</td>
<td>June 5, 19</td>
</tr>
<tr>
<td>July 10, 24</td>
<td>Aug. 7, 21</td>
<td>Sept. 4, 18</td>
</tr>
<tr>
<td>Oct. 2, 16</td>
<td>Nov. 6, 20</td>
<td>Dec. 4, 18</td>
</tr>
</tbody>
</table>
BABY BASICS
Learn how to hold, burp, diaper, swaddle, bathe, identify illness, and choose your baby’s doctor. You will have an opportunity for hands-on practice during this single-session class. A Mercy pediatrician will join our certified childbirth educator to answer your specific questions during an optional question and answer session following the conclusion of the class.

Tuesdays, 6:30-8:30 p.m.
East Tower, Level A, Auditorium
Jan. 16, 30    Feb. 13, 27    March 13, 27
April 10, 24   May 8, 22     June 12, 26
July 17, 31    Aug. 14, 28    Sept. 11, 25
Oct. 9, 23     Nov. 13, 27    Dec. 11

POSTPARTUM ADJUSTMENTS
Find out firsthand what adjusting to a new baby in the house is all about. Parents return with their baby to share with you from their recent and ongoing personal experience. Listen and ask questions to those presently going through the joys and challenges of life with a new baby. A postnatal educator will also share the physical, emotional and intellectual changes that occur postpartum, for both mom and dad, such as baby blues or postpartum depression.

Tuesdays or Thursdays, 6:30-8:30 p.m.
East Tower, Level A, Auditorium
Jan. 25    March 22    May 29
July 26    Oct. 30

BABY FINANCE 101
New parents have increased financial responsibilities in addition to caring for their newborn. Learn the basics of creating financial security for your expanding family through budgeting, flexible spending accounts, life and disability insurance, college funding options, group benefits and retirement planning. Take control of your financial future by participating in this fun, interactive class.

Tuesdays, 6:30-8 p.m.
East Tower, Level A, Conference Room 6 or 8
Jan. 16    March 20    May 15
July 17    Sept. 18    Nov. 13

BOOT CAMP FOR NEW DADS
Facilitators guide the class through the before, during and after baby arrival. Tips and suggestions are given throughout the class. A portion of the class has “Veterans” (new fathers and their new babies) orient “rookies” (fathers-to-be) on the realities of fatherhood. “Rookies” are recruited and invited back as “Veterans” after the birth of their babies. This class is highly interactive and one of the few solely focused on the dads-to-be. New dads, uncles and other male caregivers are invited to attend.

Wednesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 6
Jan. 10    Feb. 7    March 7
April 4    May 2    June 6
July 11    Aug. 1    Sept. 5
Oct. 3     Nov. 7    Dec. 5

SIBLING CLASS
This single session class helps children ages 3-6 years old prepare for a new baby brother or sister. Children will learn the importance of hand washing, safe toys for baby, along with how to properly hold, swaddle, and help change baby. Kids will be taken on a tour so they can see where their new sibling will be born.

Saturdays, 8:30-10 a.m. or 10:30 a.m.-noon
East Tower, Level A, Conference Rooms 6 & 7
Jan. 6    Feb. 3    March 3
April 7    May 5    June 2
July 7    Aug. 4    Sept. 8
Oct. 6    Nov. 3    Dec. 1

MULTIPLE BLESSINGS
This four-session class will address the special needs of multiple-birth families. The specific focus of this class is on prenatal care, labor, delivery, recovery, living with multiples, and interacting with other multiple-birth families. A tour of our perinatal center will be provided.

Tuesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 6
Jan. 9, 16, 23, 30    April 3, 10, 17, 24
Aug. 7, 14, 21, 28    Nov. 6, 13, 20, 27

NOW AND THEN—A GRANDPARENT CLASS
Things have changed since your parents had children. They will learn what has changed over the years and what the newest evidence-based research says about how to care for baby to help prepare grandparents by participating in a baby basics class.

Thursdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 7
Feb. 8    May 10    Aug. 9    Dec. 6
IT’S TIME!
Arriving at Mercy’s Women & Infants’ Center

You should arrive at Mercy through the East Tower entrance, located on 3rd Street (parking is located directly across from the East Tower entrance). You may pull into the circular drive and one of Mercy’s valets will park your vehicle for you at no charge.

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 request 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
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.

At Mercy, our staff 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.

Mercy offers the following options for labor pain management:
• Medications (including epidural and intrathecal)
• Breathing techniques
• Touch or massage
• Relaxation
• Music
• Position changes
• Aromatherapy
• Hot/cold therapy
• Hydrotherapy with whirlpool tubs
• Volunteer birth doulas

INFANT SECURITY
The Women & Infants’ Center Mother/Baby Unit provides a safe environment for you and your baby. You can feel assured Mercy 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

Mercy understands your family and friends are very important to you and we will support you in your choice for visitors. Your nurse or doctor may ask visitors to wait in the designated waiting areas from time-to-time as they complete exams or assessments on you or your baby. Our first priority is caring for you and your new baby. If during your stay you would like privacy (to rest or spend some time with your baby), please let your nurse know.

- Visiting hours are 7 a.m. to 9 p.m., seven days a week.
- The American Academy of Pediatrics recommends visitors be at least 14 years old or a sibling of your baby. However, we support your choice of visitors.
- Visitors should not have been exposed to any contagious diseases in the past two weeks and must wash their hands before touching your son or daughter. Please be advised, during flu season (October – February), additional restrictions may be in place.
- For the privacy and safety of all our patients, all visitors and family should remain either in your room or in designated waiting areas.
BIRTH CERTIFICATES 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. Mercy 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 Mercy to collect this fee. This charge will show on the statement you receive following your discharge from Mercy. 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 the Mercy Pastoral Care Department 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?

Sometime 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, Mercy 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 Mercy 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 fiscal 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 https://www.collegesavingsiowa.com/ for more information.
• Create or modify your will to name a legal and alternate guardian for your child.

For more information about planning for your family’s future, register online at mercydesmoines.org/babyclasses for Baby Finance 101.
CARE for your little one

As a parent, you want the best care for your child. The experienced and compassionate medical staff at Mercy Children’s Hospital & Clinics provides a wide range of services for children ages newborn through teenagers.

CHOOSING YOUR BABY’S DOCTOR

It’s never too early to start thinking about care for your little one after he or she is born. The pediatricians at Mercy’s nine pediatric clinics are dedicated to making sure your child is on track for healthy growth and development. It’s a good idea to meet with a pediatrician 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.
MERCY CHILDREN’S HOSPITAL & CLINICS ALSO OFFERS:

Emergency Care Designed with Kids in Mind – Mercy’s Pediatric Emergency Department, located at Mercy’s central campus (downtown), 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. Mercy’s Pediatric Emergency Department is open 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 – Mercy’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, the unit’s Ronald McDonald Family Room provides sleeping areas, a TV room and a kitchen area. Mercy is the only hospital in Iowa to offer this amenity.

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 – Mercy Children’s Hospital & Clinics offers specialized health care services for children with unique needs. Our specialties include: surgery, gastroenterology, neurology, psychiatry and therapy (occupation, speech and physical). In addition, Mercy has 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. Mercy also has central Iowa’s only fellowship-trained pediatric neurosurgeon for children’s head and spine surgery, and central Iowa’s only cardiothoracic surgeon for heart surgeries.

MERCY PEDIATRIC CLINIC LOCATIONS:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercy Clinics Pediatrics Central</td>
<td>(515) 643-8611</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics North</td>
<td>(515) 643-9000</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics East</td>
<td>(515) 643-2600</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics West</td>
<td>(515) 222-7337</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics Johnston</td>
<td>(515) 643-6090</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics Waukee</td>
<td>(515) 643-7090</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics Indianola</td>
<td>(515) 961-8448</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics Norwalk</td>
<td>(515) 974-0800</td>
</tr>
<tr>
<td>Mercy Clinics Pediatrics Grimes</td>
<td>(515) 300-3900</td>
</tr>
</tbody>
</table>

Find a pediatrician, urgent care clinic and more online at mercydesmoines.org!
Preparing for the big moment!

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 some of the items of 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 Mercy Birthing Class schedule section located at the front of this folder.

SECOND TRIMESTER
☐ Take a virtual tour of Mercy's birthing facilities. Visit mercydesmoines.org/seethesuite.
☐ 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 mercydesmoines.org/babyclasses for Baby Basics to learn more about bathing and swaddling
☐ Register online at mercydesmoines.org/babyclasses for Breast-feeding Essentials to learn more about the breast-feeding your baby.
☐ Choose a doctor for your baby. Mercy offers pediatric services throughout the metro. Visit mercydesmoines.org/children to learn more.

THIRD TRIMESTER
☐ Register online at mercydesmoines.org/babyclasses for Prenatal Class, Online Prenatal Class, Refresher Class or Fast Track.
☐ Pre-register for your delivery during your seventh month by completing the pre-admission form in the back of this birthing folder. Return to Mercy at the address provided or give it to your childbirth educator.
☐ 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. Register online at mercydesmoines.org/babyclasses for Sibling Class for your children.
☐ Make arrangements for pet care while you are in the hospital.
☐ If you plan to breast-feed, 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.
☐ Consider attending Mommy & Me or Breast-feeding Support Group if you are breast-feeding.
☐ Come back and share your experience in Boot Camp for New Dads or Postpartum Adjustments classes.
What to Pack for the Hospital

As your due date approaches, you should begin the final preparations for the arrival of your baby. Checklists are a good way to ensure you remember every detail and are ready when your contractions begin. The list below includes items and ideas that will help you prepare for your little one’s arrival. We suggest having your “go” bag packed about three weeks before your due date.

FOR BABY:
- Newborn Communication Plan (see page 25)
- Undershirt and sleeper
- Socks
- Going home outfit and receiving blanket
- Infant car seat with instructions
- Baby book for footprints
- Sweater, cap and extra blanket if needed for cold weather
- Outfits/props for baby photography session

FOR MOM:
- Birth Plan (see page 21)
- Lotion/oil for massages (unscented)
- Warm socks or slippers
- Lip balm
- Picture or small item to use as a focal point
- Massage aids/tools
- Water bottle with straw
- Hair care items
- Cosmetics (including deodorant)
- Loose fitting clothes to wear home, like yoga pants and a T-shirt – something from your fourth or fifth month of pregnancy should be comfortable
- If breast-feeding, bring nursing bras, tank tops, breast pads
- Breast pump if you want to pump
- Cell phone (and charger), change or phone card
- Laptop with power cord
- Books and magazines
- Camera, camcorder and batteries/battery charger
- DVDs (each patient suite is equipped with a flat screen TV/DVD player)

FOR LABOR PARTNER:
- Insurance information
- Snacks
- Swimsuit to wear in shower/tub
- Watch with a second hand or smart phone with contraction timer app
- Change of clothes and toiletries
- Phone numbers of friends and relatives
- Infant car seat with instructions
- Baby book for footprints
- Sweater, cap and extra blanket if needed for cold weather
- Outfits/props for baby photography session

MERCY WILL PROVIDE YOU AND YOUR BABY WITH THE FOLLOWING ITEMS DURING YOUR STAY:

For Mom: Hospital gowns, disposable underpants and sanitary pads.
For Baby: Diapers, wipes, bulb syringe, soap and circumcision supplies for boys (if applicable). Undershirts, gowns and blankets are also provided during baby’s hospital stay.
Birth Communication Tool

Present this document to your nurse or doula upon admission.

Mom's Name: ____________________________________________________
Labor Partner's Name: ____________________________________________

Mom's Doctor/Midwife: ___________________________________________
Doula's Name: ___________________________________________________

Baby's Name:_____________________________________________________
Due Date: _______________________________________________________  

When it comes to your birth experience, you have many choices available at Mercy. We want your child’s birth to be very special. The options listed below are available to healthy moms and babies. Please check the issues that are important to you. This is plan "A"; remember there are times when we must recommend a change in your plan due to the health of mom or baby.

Some of my greatest concerns and fears are:
_______________________________________________________________________________________________________________
_______________________________________________________________________________________________________________
_______________________________________________________________________________________________________________

When I am in labor, I would like to:

☐ have a volunteer birth doula present for labor support and comfort
☐ have my privately contracted doula support me
☐ have my partner and ____________________ with me
☐ have help from my doula and/or nurse regarding position changes as needed
☐ use the squat bar for pushing
☐ have a mirror available to watch my baby’s birth

I would like to have the following comfort measures:

☐ use upright gravity positions ☐ walk ☐ massage
☐ birthing ball/peanut ball ☐ hydrotherapy ☐ hot/cold therapy
☐ use aromatherapy for stress/nausea ☐ music ☐ movement
☐ intravenous medicine for pain ☐ epidural medication for pain
☐ intermittently monitor or use telemetry if there are no concerns with my baby’s condition
☐ have nourishment as requested (ice chips, broth, jello, popsicle, and/or other clear liquids)
☐ __________________________________________

If my baby’s condition warrants, I would like:

☐ to have my partner cut the umbilical cord ☐ to cut the umbilical cord myself ☐ delayed cord clamping
☐ to have lactation support as soon as possible
☐ to have the baby’s footprints put in my personal baby book/certificate
☐ to participate in the “Golden Hour," including restricted visitation until the hour’s end
☐ to participate in the breast-feeding crawl
☐ to have skin-to-skin contact with baby and ☐ mom ☐ labor partner

If I have a cesarean birth, I would like to:

☐ see, touch and hold the baby as soon as possible; including skin-to-skin
☐ take pictures and videos during the birth ☐ to have lactation support as soon as possible
☐ ask for the screen to be lowered ☐ have __________________________ present with me
☐ __________________________________________
## 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)

<table>
<thead>
<tr>
<th>Number:</th>
<th>What it means</th>
<th>How can the labor partner help</th>
</tr>
</thead>
<tbody>
<tr>
<td>+10</td>
<td>Desire that she feel nothing; a desire for anesthesia before labor begins.</td>
<td>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.</td>
</tr>
<tr>
<td>+8</td>
<td>Fear of pain; lack of confidence that mother will be able to cope; dependence on staff for pain relief.</td>
<td>Follow recommendations for +10. Suggest she discuss fears with care giver or childbirth educator.</td>
</tr>
<tr>
<td>+7</td>
<td>Definite desire for anesthesia as soon as possible, or before labor becomes painful.</td>
<td>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.</td>
</tr>
<tr>
<td>+5</td>
<td>Desire for epidural anesthesia before transition (7-8 cm. dilation). Willingness to cope until then, perhaps with narcotic medications.</td>
<td>Encourage her in breathing and relaxation. Know comfort measures. Suggest medications to her in labor as she approaches active labor.</td>
</tr>
<tr>
<td>+3</td>
<td>Desire to use pain medications, but would like as little as possible. Natural childbirth is not a goal.</td>
<td>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.</td>
</tr>
<tr>
<td>0</td>
<td>No opinion or preference. This is a rare attitude among pregnant women; but not uncommon among birth partners.</td>
<td>Become informed. Discuss medications. Commit yourself to helping her decide her preferences. If she has no preference, let the staff manage her pain.</td>
</tr>
<tr>
<td>-3</td>
<td>Would prefer that pain medications are avoided, but only if labor is short or easy. Wants medication otherwise.</td>
<td>Do not suggest she take pain medications. Emphasize coping techniques. Do not try to talk her out of pain medications.</td>
</tr>
<tr>
<td>-5</td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td>-7</td>
<td>Very strong desire for natural childbirth, for sense of personal gratification as well as to benefit baby. Will be disappointed if she uses medications.</td>
<td>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.</td>
</tr>
<tr>
<td>-9</td>
<td>Wants medication to be denied by staff, even if she asks for it.</td>
<td>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.</td>
</tr>
<tr>
<td>-10</td>
<td>Will not use medication even for cesarean delivery.</td>
<td>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.</td>
</tr>
</tbody>
</table>
Newborn Communication Plan

Issues important to me

Name _______________________________  Baby’s Doctor __________________________

Some of my greatest concerns and fears are:

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Infant Feeding

☐ I prefer to breast-feed
☐ I prefer to be consulted prior to my baby receiving artificial formulas
☐ I prefer to bottle-feed
☐ Other (describe):

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Newborn Preferences

☐ I want my birth partner to accompany our baby and to present my Newborn Communication Plan to the nursery
☐ I would like to keep my baby in my room as much as possible
☐ I would like to film the bath
☐ I want to be present for the physician exam/assessment
☐ I plan to have my baby boy circumcised
☐ I prefer no pacifier or to limit the use of a pacifier
☐ Other (describe):

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Present this document to your nurse or doula.
**Maternity Pre-Admission Form**

**Mercy Medical Center**

Attn: Admitting

1111 6th Ave, Des Moines, IA 50314

### MOTHER’S INFORMATION:

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Mother’s Employer Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Social Security Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address</th>
<th>Apt</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County</th>
<th>Married</th>
<th>Single</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race</th>
<th>Patient’s Religion and Church</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SPOUSE INFORMATION:

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Cell Phone</th>
<th>Work Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Work Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Friend or relative not living with you:

RELATIONSHIP:

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Cell Phone</th>
<th>Work Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Work Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MOTHER’S INSURANCE INFORMATION:

Will this insurance cover your newborn?  Yes  No

<table>
<thead>
<tr>
<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscriber</th>
<th>Date of Birth</th>
<th>Social Security Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance I.D. Number/Group Name and Group Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Do you have more than one insurance?  Yes  No

<table>
<thead>
<tr>
<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscriber</th>
<th>Date of Birth</th>
<th>Social Security Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance I.D. Number/Group Name and Group Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

### NEWBORN’S INSURANCE COVERAGE IF OTHER THAN ABOVE:

<table>
<thead>
<tr>
<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscriber</th>
<th>Date of Birth</th>
<th>Social Security Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance I.D. Number/Group Name and Group Number</th>
<th>Insurance Company’s Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notify your insurance company/companies within 30 days of your child’s birth to ensure coverage.**

OB Physician’s Name and Family Physician Name

What is your due date?

Mail completed form and copies of your insurance card(s) to:

Mercy Medical Center – Des Moines
c/o Maternity Pre-Admission Form

1111 6th Ave

Des Moines, IA 50314

FAX form and copies to:

(515) 358-3199