

Miracle of Life Birthing Center
734-655-1000

ST. MARY MERCY LIVONIA
36475 Five Mile Road, Livonia, MI 48154
stmarymercy.org



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Miracle of Life Birthing Center

Birthing Services



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The Miracle of Life

You are about to begin one of the most exciting and rewarding phases of life — welcoming a new baby into your family.

Now is the time to think about the type of birth experience you want. Let us share with you what family-centered childbirth services are all about and what St. Mary Mercy Livonia has to offer you, your new baby and your family.

For more information about our Women's Health Services, call 734-655-1100 or visit stmarymercy.org and select "Classes & Events."

Additional Women's Health Services

The Marian Women's Center at St. Mary Mercy Livonia is designed to meet the needs of today's woman. Located next to the Miracle of Life Birthing Center, you will find a warm, caring environment, friendly staff and state-of-the-art equipment. We are here to help keep you healthy through diagnostic testing, educational programs and support groups.

Diagnostic Testing

The Marian Women's Center offers diagnostic services such as:

- Bone density testing
- Digital mammography
- 3D mammography
- Stereotactic breast biopsy
- Ultrasound

Therapeutic Yoga / Better Life and Balance Yoga

Bring more peace to your body and mind. Increase flexibility, energy level and strength at your own pace in a non-competitive setting. Meditation and breathing techniques included. Participants need to be able to move between a standing position and a hands and knees position with ease. Wear comfortable clothing and bring a firm blanket or non-skid mat.

Fee charged. Call 734-655-1100 to register.

Breast Cancer Support Group

This self-help and education group provides an opportunity to share and discuss subjects of mutual concern. Informative speakers offer new insight into the disease. Held monthly.

Offered free of charge. For more information, call 734-655-1162.

Ladies Night Out

Various Women's Health Lecture Series held throughout the year.

Including bone density screening, blood pressure screening and physician speaker.

Welcome to a New Birth Experience

If you are anticipating starting a family or are expecting a baby, you will want to know about the Miracle of Life Birthing Center at St. Mary Mercy Livonia. The state-of-the-art birthing center is one of the area's finest childbirth facilities, offering family-centered care, private rooms for new mothers and their families.

Family-Centered Care

A complete family-centered atmosphere provides for liberal visiting and mother-baby nursing care. Our specialized physicians and nurses provide expert care. 24-hour neonatal service is available for babies requiring special assistance.

Education and Support

You will receive an abundance of childbirth education, including breastfeeding support from our specially-trained nurses and lactation consultants, before, during and after your stay with us.

Birthing Center Tours

You're invited to visit the Miracle of Life Birthing Center.

Call 734-655-1023 to arrange a Birthing Center tour.

Finding a Physician

If you are looking for an obstetrician or pediatrician, we can help you find one who will meet your individual needs.

***Physician Referral Services
888-464-WELL (9355) OR stmarymercy.org
OR Birthing Center, 734-655-1000***



3D and 4D Ultrasound Keepsakes

St. Mary Mercy is a full-service prenatal imaging center offering elective 3D and 4D ultrasound services. Imagine seeing your baby's face, smiling or even sucking on his or her thumb! With 3D and 4D ultrasound technology, you can see what your baby is going to look like before he or she is born. 3D and 4D ultrasound uses technology to bring images of your unborn baby to life. From a yawn to a stretch, or the beating of your baby's heart, your ultrasound will show a peek at your baby's first movements inside the womb.

Pricing: St. Mary Mercy Delivery

- Single \$140
- Twins \$280
- Triplets \$420

Non-St. Mary Mercy Delivery

- Single \$160
- Twins \$320
- Triplets \$480

Keepsake Ultrasounds are taken between 27 and 31 weeks. Full payment is expected on the day of the appointment. A separate diagnostic ultrasound must have been performed prior to the Keepsake Ultrasound appointment.

To schedule an appointment, call 734-655-1162.

Gift certificates are available for purchase in the Women's Center.



AFTER BIRTH CLASSES

Infant Care Class*

The Infant Care Class is recommended before your baby is born. Gain knowledge about caring for your newborn at St. Mary Mercy Hospital. This one-day class taught by a registered nurse will teach the basic characteristics and needs of a newborn to include diapering, bathing, immunizations and comfort measures. Infant feeding is not included in this class. The Breastfeeding class is recommended to compliment this class. The class will also include how to recognize when a baby is sick, car seat and home safety. Class is open to expectant parents.

**To register, call 734-655-1158 OR
email newborncareclasses@stjoeshealth.org.**

Breastfeeding Program

New mothers can consult with Certified Lactation Consultants during their hospital stay. Once discharged home, consultations are available by appointment.

**For a consultation, call 734-655-1158
For breastfeeding supplies or pumps, call 734-655-1162**

Mommy and Me Group

Mothers and babies under two years of age are encouraged to attend this monthly support group. A Certified Lactation Consultant will facilitate information sharing regarding breastfeeding experiences, safe medications, storing breastmilk, returning to work and providing support for each other. Both breast-fed and bottle-fed babies and their mothers are welcome. Meets the second Tuesday of each month, 10-11:15 a.m.

**No fee. To register, call 734-655-1158 OR
email newborncareclasses@stjoeshealth.org.**

Wellness & Educational Classes

PRENATAL CLASSES

Breastfeeding Class*

The breastfeeding class is recommended before your baby is born. Our Certified Lactation Consultants (nurses specializing in breastfeeding) will demonstrate the many techniques of breastfeeding. The class will also include the benefits of breastfeeding and tips for new mother's returning to work. Classes meet monthly. Private sessions can also be arranged.

**Course fee. To register, call 734-655-1158
OR email newborncaresclasses@stjoeshealth.org.**

Childbirth Preparation Class

Let's Get Ready to Have a Baby

Learning what to expect during the end of your pregnancy and especially during labor and delivery will make the entire childbirth experience more rewarding. St. Mary Mercy's Childbirth Preparation class is designed to help expectant families increase their knowledge of this experience. Taught by two labor and delivery nurses, new parents will learn about the different stages of labor, anesthesia, medications and the importance of the support person. Breathing and relaxation techniques will also be reviewed.

- Classes are offered monthly on Saturday from 9 a.m. to 3 p.m.

**Course fee. To enroll, call 734-655-1023
OR email childbirtheducation@stjoeshealth.org.**

The Birth Experience

A Time of Change

The birth of a child is truly an affirmation of life. It is a time of caring, celebration and change. That's why at St. Mary Mercy Livonia we offer you the flexibility to choose your own birthing options. We appreciate your individuality and unique needs.

Perhaps most important of all, there's the comfort of knowing that you're being cared for by professionals in your own community who genuinely care about you and your new baby.

Personal attention is part of our commitment to family-centered mother/baby care. This also includes skin-to-skin contact with the mother and father and your newborn following delivery.

Room Amenities

All Private Rooms

Beautifully decorated Labor, Delivery, Recovery and Postpartum (LDRP) suites eliminate the need for new mothers to be transferred from room-to-room. The private suites are equipped with amenities such as refrigerators and private baths, featuring large showers with multiple jets, heating lamps, built-in hair dryers, TV and DVD. All medical equipment needed for the birth is immediately available.

Comfort

We provide various options for comfort during labor. We encourage and support the use of your childbirth training, and epidural anesthesia is available during the labor and delivery process if desired.

Mother-Baby Care

With mother-baby nursing care, the same nurse cares for you and your baby together. St. Mary Mercy Livonia provides mother-baby nursing because it offers the highest quality maternity care. Our nurses provide you and your new baby with personal care and are available to answer your questions. Your nurse carries a portable phone, giving you immediate access to her. A message board in your room will provide you with your nurse's name and phone number.

24-hour Rooming With Your Newborn

At St. Mary Mercy your baby remains with you in your private room. Most infant examinations are given by your pediatrician at your bedside to help you build confidence in caring for your newborn. We also encourage you to feed your baby whenever he or she is hungry, rather than on a set schedule.

LDRP Rooms

With Labor, Delivery, Recovery, Postpartum rooms, your baby is born in the comfort and privacy of your own room. You'll find warm touches, like your own refrigerator, TV, DVD, personal showers, soft colors and natural light, all in a home-like atmosphere. Besides being beautiful, everything necessary for a safe birth is available in our LDRP rooms.



Follow-Up Care

Because we understand new parents have many questions, St. Mary Mercy provides an infant care educational program. Before you go home, you'll have the opportunity to view informative videos on the educational channel regarding baby care and will receive written information on how to care for yourself and your baby.

The Miracle of Life Birthing Center staff will call you several days after you return home from the hospital. This is especially important if you are a first-time mother, breastfeeding or have any special needs. Of course, other questions on your care or your baby's care may come up. That's why our staff is available to talk to you 24 hours a day. Just call 734-655-1000. We will answer your questions or refer you to your physician if needed.

Safety and Security Precautions

During your stay, we will recommend many safety and security precautions to maintain the health of you and your baby.

Closed Access Unit and Security ID Bands

For security reasons, the Birthing Center is a closed-access unit. Our staff monitor all those entering and leaving the unit. Newborns and mothers are also provided with bands with matching identification numbers. Fathers or a support person identified by the mother may also be given an ID band.

Releasing Baby to Properly Identified Staff

Families are instructed to only release your baby to properly identified staff wearing pink badges. Your baby may need to be taken for testing. We will provide you with details of tests, including the location, who authorized it, and how long your infant will be gone. Feel free to ask questions when your infant is taken from your room. It's important not to leave your infant unsupervised.

Michigan Infant Car Seat Law

Michigan law requires use of an infant car seat. The Livonia Fire Department offers a car seat safety inspection; to schedule an appointment call 734-466-2444. Familiarize yourself with use of the car seat before discharge. Be sure you have an approved infant safety seat and it is correctly installed for the ride home.



Special Services

Emergency Coverage

Sometimes a newborn may need special care, and we're prepared with 24-hour neonatology service, available for any baby requiring special assistance. In addition, 24-hour in-house obstetrical and anesthesia coverage is available.

Reverence for Life

We provide a caring atmosphere, offering spiritual support as well as medical care. If you would like to receive a visit from a member of the clergy, St. Mary Mercy's Spiritual Care staff will be happy to stop by or arrange a visit by a representative of your faith.

Baby's First Picture

A professional photographer will take your baby's first formal portrait, which is available for purchase.

Birth Center Visitation

The visiting policy at St. Mary Mercy is based on family-centered care. There are few restrictions after delivery when siblings, grandparents or friends may visit. Because we're committed to family-centered maternity care, we welcome visits from your other children. We do ask that you let family and friends know that anyone with signs of illness such as a runny nose, cough or sore throat should not visit you at the hospital.

These guidelines are to provide a safe and supportive environment for our moms and babies. Our goal in the Miracle of Life Birthing Center is to coordinate visitors and medical/nursing care to allow for the needed rest and recovery, as well as the privacy and security, of mom, baby and family.

Visitors to the Labor and Delivery Room

- The patient will designate three support persons that may remain during the delivery.
- Privacy policies require other family members or visitors to use the Birthing Center Family Waiting Room or South Lobby; they may visit after the delivery as patient permits.
- Siblings of the newborn may visit in the labor room briefly if the mother so desires; an adult other than the designated support person must accompany any sibling under 12 years old.
- Siblings under 12 years of age are not allowed to stay in the room for delivery, but may visit during the recovery period.
- After delivery, only one person may remain with mom/baby overnight.
- If a cesarean birth is necessary, only one person will be allowed to accompany the mother to delivery, if the patient's condition allows.

General Visiting: 11 a.m. to 8 p.m.

- Father or a designated significant other, may visit 24/7.
- One adult may sleep over; a sleeping couch is available.
- Siblings of any age are welcome to visit during general visiting hours, accompanied by an adult.

Nursery Visitors

- Visitors to the nursery are allowed, one at a time and accompanied by a parent wearing a baby band.
- To prevent infection, nursery visitors must be at least 14 years old. However, siblings of any age may visit in the nursery.

