

## We're the "Best Place to Have a Baby"

When it comes to delivering babies, Ascension St. John has been the trusted choice for 100 years and is the first hospital in the area to offer an Obstetric Emergency Department.

Welcoming a newborn is one of life's most extraordinary moments. At Ascension St. John, you'll find a warm, customized experience designed to make this moment truly special.

### Awards and recognitions

Safe Sleep Champion Certified Hospital  
by Cribs for Kids



### Contact information

#### Ascension St. John Medical Center Birthing Center

1923 S. Utica Ave., 6th floor  
Tulsa, OK 74104  
t 918-744-3131

#### Ascension St. John Owasso Birthing Center

12451 E. 100th St. N., 4th Floor  
Owasso, OK 74055  
t 918-274-5000

#### Ascension St. John Jane Phillips Birthing Center

3500 Southeast Frank Phillips Blvd., 1st Floor  
Bartlesville, OK 74006  
t 918-333-7200

[ascension.org/StJohnBaby](http://ascension.org/StJohnBaby)

For personalized  
guidance, scan  
the QR code.



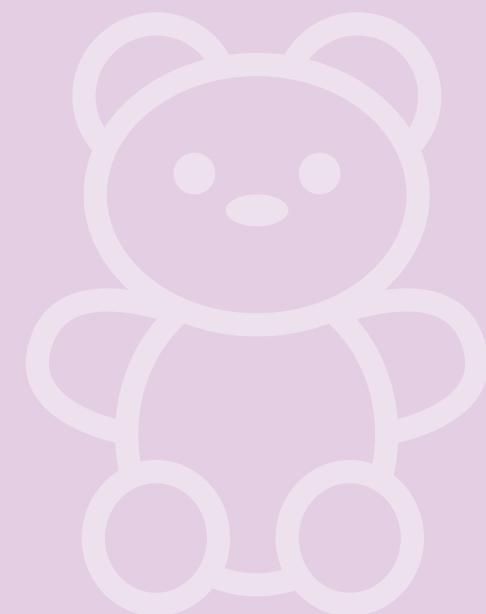
Ascension  
St. John

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# Birthing Center at Ascension St. John

## Childbirth Services

Women's care during  
pregnancy and birth



 Ascension  
St. John

# 1 in 4 babies in Northeastern Oklahoma is born at an Ascension St. John facility

## Ascension St. John provides:

- Private labor and delivery rooms
- Obstetric anesthesia care 24 hours a day, 7 days a week
- Family-centered cesarean sections, with clear drapes by request
- Private postpartum rooms
- Comprehensive education programs and support during pregnancy and post-delivery
- Dedicated Obstetrics Emergency Department (OBED), available 24/7 to address pregnancy-related emergencies and urgent concerns (Only in Tulsa.)

## Birthing Center options

The Birthing Center is designed to provide a personalized experience for the mother who wishes to deliver without anesthesia or other medications. We provide:

- Birthing balls and peanut balls to support natural labor
- Nitrous oxide for pain control (Only in Tulsa.)
- Wireless fetal monitoring (Only in Tulsa.)

## Advanced care, if you need it

If your pregnancy is considered high risk, we bring together advanced care team specialists experienced in managing a range of complex conditions. We listen to your concerns and create a birth plan tailored to you and your baby's specific needs. We provide:

- High-risk, inpatient pregnancy care
- Access to maternal-fetal medicine
- Level III neonatal intensive care unit (Only in Tulsa.)

## Childbirth education

Our virtual and on-site education programs empower you in your journey. Our registered nurse educators and specialists provide:

- Comprehensive childbirth series
- Planning for a cesarean section
- Baby basics, newborn care and infant CPR
- Breastfeeding basics

## Enhanced lactation support

Breastfeeding is a bonding experience that provides your baby with needed nutrition. Our certified lactation consultants provide:

- Prenatal consults and support
- One-on-one bedside consults during your postpartum stay
- Outpatient Breastfeeding Clinic (Only in Tulsa.)
- Breast pumps for rent in our gift shop



## Ascension St. John Physical Therapy

We provide services, including pelvic health physical therapy, which help you reduce and eliminate postpartum pain, unnecessary discomfort and uncertainty — so you can get back to the life you love with your new baby.

**Call 918-744-2476**