



PROSPECT OBGYN

OBSTETRICS, GYNECOLOGY & WOMEN'S HEALTH

(201) 880-4949 • 80 Rte 4, Paramus, NJ 07652

28 Week Information Packet

Dear mom to be,

As you come close to your delivery date please look at the calendar that is by the checkout desk in our office to see who is on-call. You will need an ultrasound just before your due date to ensure fetal well being in order to go beyond your due date. Our policy is to induce labor at, or about 41 weeks gestation.

In case of labor or emergent situations, please report to Labor and Delivery (L&D). Please remember that most doctors have blocked numbers, so if your home number is blocked to blocked numbers, we cannot return your call. Should the on-call doctor not call back within a reasonable amount of time please:

- **Go straight to L&D, if you are 20 or more weeks pregnant
NEVER the ER unless you present for a non pregnancy related
problem.**

DO NOT WAIT UNTIL THE LAST MINUTE TO FILE YOUR SHORT TERM DISABILITY

Depending on your job's maternity leave policy, you may be eligible to start your maternity leave at 36 weeks. If your job follows the New Jersey short term disability rules, they are no longer accepting forms via fax or email.

You are now required to go online to the following website to begin your application:
<https://myleavebenefits.nj.gov/worker/tdi>.

You may only begin the application process on the day you turn 36 weeks. After you have completed your portion of the application, you must provide a copy of your Online Form ID to your employer and to the doctor's office.

Keep in mind that this is time sensitive, and must be completed within 14 days. You may fax it to (973-852-1747) or physically bring the form into the office. When you are ready to send your forms please provide us with your first day out of work, AFTER any vacation days or paid time off (PTO) you might have used.

Any general letters or disability papers pertaining to pregnancy do take at least 5 days to be completed.

Please, do not expect these to be done on the same day.

Note: pregnancy is not an excuse from jury duty and we will not provide you with such a letter.

- **Billing**

If you have any questions about a bill from our practice (Lifeline Medical Associates Care Center 194) please call our billing manager, Bonnie at (201) 880-4949. We are not responsible for deductibles or coinsurance. We cannot help you with bills from Hackensack University Medical Center, LabCorp, or Quest Diagnostics. If you have questions about those bills please those entities.

- **Prenatal Classes**

We recommend that all women take prenatal classes after they reach 28 weeks gestation. Our office does provide prenatal class videos for free of charge to our patients. Please make sure that you give the front desk your email address and that we have your correct email address on file. If you would like to get the link for our practice's prenatal class please confirm that we have your email in our system and that it is correct. Prenatal classes are held on the FIRST Saturday of the month and the link is shared the Wednesday before that Saturday.

- **Website**

Our website address is www.prospectobgyn.com. Information regarding office location, office hours and links can be found here. We also allow you access to the patient portal where you may be able to view results from home; some results might have to be released to the portal in order for you to see it. Please speak to the front desk regarding establishing your access.

- **Baby Photos**

If you send maternity, newborn, or holiday photos to the office, please be aware that you are consenting to having that photo be viewed by the public. If you do not give consent, do not send pictures.

- **Cord Blood Collection**

We are happy to provide Cord Blood collection services for our patients. If this is something you are interested in doing, please make the providers or office staff aware. However, this service is not covered by insurance so we will bill \$300.00 for the collection at 36 weeks gestation. Including Collection of Cord Blood and Placental Tissue.

Please call the Cord Blood facility regarding any questions about their services.

- Cbr: <https://www.cordblood.com/>
- Cryo-Cell: <https://www.cryo-cell.com/>
- Lifebank: <https://www.lifebankusa.com/>

- **PPD and Immunizations**

PPD is a test that is used to confirm exposure to Tuberculosis. It is a skin test that can be performed during any trimester. Certain vaccines are fine to receive during pregnancy, these would be Hepatitis A & B, Flu and Tdap.

Tdap is recommended between 27 and 36 weeks of pregnancy. We recommend that Tdap be given during this window because antibodies will be produced with the vaccination that will cross the placenta and benefit the baby. All others can be administered during any trimester.

- **COVID-19 Vaccination**

It is the practice's recommendation that all patients (pregnant or not) get vaccinated against COVID-19. In pregnancy we DO NOT recommend the Johnson & Johnson vaccine.

- **Travel Notice**

We do not recommend travel past 24 weeks of pregnancy because this marks viability outside the womb. Of course there are certain circumstances where travel may be unavoidable, this can be discussed case by case.

Pediatricians List

Dr. Stephanie Dos Santos
Advanced Pediatrics Group
5 Summit Ave, Ste 203,
Hackensack, NJ 07601
Tel: 201-996-5454

Dr. Mohamed A. Tantawi
Hackensack Pediatrics
177 Summit Avenue,
Hackensack, NJ 07601
Tel: 201-487-8222
Fax: 201-487-2126

Dr. Geeta Kumar
Bridge Pediatrics
2175 Lemoine Avenue, Suite
502, Fort Lee, NJ 07024
Tel: 201-585-7337
Fax: 201-585-7333

Dr. Zeyad Baker
Riverside Pediatric Group
10 First Street, Hackensack, NJ
07601
Tel: 201-342-8130

**Dr. Ikbal Tokat, Dr. John Sutter,
& Dr. Ana Kimel**
Nuheights Pediatrics
1115 Clifton Avenue, Suite 101,
Clifton, NJ 07013
Tel: 973-250-2970
Fax: 973-250-2971

**Dr. Susan Kushner & Dr. Melissa
Monaco**
Forest Pediatrics
299 Forest Avenue, 3rd Floor, Paramus,
NJ 07652
Tel: 201-267-0888
Fax: 201-483-8874

**Dr. Paul Harlow, Dr. Daniel Levine, Dr. Steven
Materetsky, Dr. Jonathan Wong, & Dr.
Amisha Shah**
Pediatric Specialties
90 Prospect Avenue, Hackensack, NJ 07601
Tel: 201-342-4001
50 S. Franklin Tpke, Ramsey, NJ 07446
Tel: 201-934-2949

**Dr. Arnold Rabinowitz & Dr. Evelyn
Rodriguez-Zierer**
Madison Ave. Pediatrics 22 Madison Avenue,
Paramus, NJ 07652
Tel: 201-291-9797
Fax: 201-291-9798

**Dr. Rosa Josefina, Dr Rose Ann Macalintal,
Dr. Davina Lopez, & Dr. Aurea Tobias-Quiroz**
Children of Joy Pediatrics

- 55 Summit Avenue, Hackensack, NJ
07601
- 134 Summit Avenue, Hackensack, NJ
07601

Tel: 201-525-0077
Fax: 201-525-0072