



PROSPECT OBGYN

OBSTETRICS, GYNECOLOGY & WOMEN'S HEALTH

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

Congratulations on your pregnancy!

We would like to welcome you to the practice. Thank you for choosing Prospect OBGYN for your prenatal care. Our goal during this very exciting time is to provide the best care for you and your baby. We would like to stress the importance of attending all of your scheduled appointments throughout your pregnancy. If you are unable to come for an appointment please do try to cancel 24-hours in advance. Repetitively missed appointments may lead to dismissal from our practice due to inconsistent care.

At every prenatal visit we will ask for a urine sample, which is dipped for the presence of glucose & protein in the urine. The health of you and your baby are of the utmost importance to us, so please be an active advocate for your obstetrical care.

Appointments & Delivery Recommendation

Dr. Maria KeanChong, Dr. Jonathan Jimenez, & Dr. Gabriela Ross work as a team. We can neither promise nor guarantee that you will be seen by only one doctor throughout your pregnancy nor be delivered by one doctor in particular. We do recommend that you schedule at least one prenatal visit with each doctor so that you may meet them both.

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.

Your due date is an estimated date (EDD). You are considered full term at 37 weeks(early full term). You **MUST** have an ultrasound before **your 40th week** in order to know if the baby is healthy 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) OR the emergency room (ER). 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** or,
- Go to the **ER, if you are less than 20 weeks pregnant.**

This system has been developed to ensure quality care and quality of life for both patients and physicians. Should you have any questions feel free to discuss them with any provider at your next visit.

Recommended Testing (Ultrasounds Not Included)

Please be aware that the following tests are recommended by all of our providers and are standard care for pregnant women. Additional testing might be ordered if and when those circumstances arise. **Should you decline these tests due to financial, religious, or other personal reasons our recommendations do not change and we might not be able to provide you with accurate and complete information regarding your**

6+ Weeks (usually done at initial visit)

- Prenatal Labs: CBC w/ Diff, Blood Type, Antibody Screen, BHCG, Hemoglobin Electrophoresis, Progesterone, TSH & Free T4, Urinalysis, Urine Culture, Hep B Sag, HIV, Rubella IgG, RPR (Syphilis), Varicella IgG
 - This blood work is used to rule out anemia, exposure to sexually transmitted infections (STIs), exposure to infectious disease(s), urinary tract infection, check pregnancy hormones and check thyroid hormones.
- Genetic Testing: Spinal Muscular Atrophy (SMA), Fragile X (FX), Cystic Fibrosis (CF)
 - Testing to see if the mother of the baby is a carrier for genetic diseases: SMA, FX, & CF.
- Genetic Counseling (Recommend for those who are 35+ at the time of delivery or positive genetic testing)
 - Genetic counseling will explain diagnostic tests available to you to rule out chromosomal abnormalities that can affect your baby. They will also go over your family history and the baby's father's family history to see if there are any additional testing that would be required based on family history.
- Vaginal Cultures: Pap smear with Chlamydia & Gonorrhea, Genital Culture
 - Cervical cell screening, STD exposure screening & infection screening.

10+ Weeks ● NIPT Screen

- Screens for Trisomy 13,18 or 21 and sex chromosomes.
- (Please note that this test is only a screening test and is not diagnostic.)

11-18 Weeks

Maternal Serum Alpha-Fetoprotein (AFP)

- Will screen risk for open neural tube defects. *(Please note that this test is only a screening test and is not diagnostic.)*

12-22 Weeks

- Fetal Echo (Recommend for IVF, multiple gestations, pregestational diabetes)
 - Ultrasound of the baby's heart performed by a pediatric cardiologist

28 Weeks

- 1 hour glucose tolerance test (GTT), CBC w/ Diff, Urinalysis, Urine Culture, HIV
 - FASTING blood work that will screen for gestational diabetes (GDM), anemia, urinary tract infection and a state mandated HIV screen.
- Antibody Screen
 - Not always drawn, based on the blood type of mom-to-be.
- 3 hours GTT
 - You will be notified and asked to schedule a FASTING 3 hour GTT as soon as possible if you do not pass your 1 hour GTT (our cutoff is 130 but this number can change depending on laboratory markers; 131 is considered failing).

36+ Weeks

- All patients will be screened for Group B Strep (GBS) via genital culture
 - GBS is a bacteria found in 30% of women that might require treatment after delivery.

Recommended Ultrasounds

We may provide you with an informal ultrasound at your initial prenatal visit. **Please note that this ultrasound is not used to diagnose any anatomical or chromosomal abnormalities.** You will be referred to Maternal Fetal Medicine (MFM) for all official ultrasounds. Hackensack MFM 551-996-2765, Valley MFM 201-291-6321 or NJ Perinatal Associates Paramus 973-322-5287. When scheduling ultrasounds with MFM it is your responsibility to be aware if they do not take your insurance or if there will be any out of pocket costs to you, it is a separate practice. We normally refer our patients to **MFM** as opposed to any radiology center.

Dating and Viability: Your first ultrasound (unofficial) is done in the office during your first visit. This ultrasound is used to confirm your due date and to confirm that the pregnancy appears, at that moment, to be healthy.

Nuchal Translucency: Performed between 11 and 13 weeks of pregnancy, this ultrasound is performed with a maternal blood draw. Results of both the ultrasound and blood work will screen for Trisomy 21 (Down's Syndrome) and Trisomy 18. *(Please note that this test is only a screening test and is not diagnostic.)*

Level II Anatomy: Performed at 20 weeks of pregnancy, this ultrasound will provide an anatomical survey of the baby from head to toe, as well as placenta, cervix and amniotic fluid volume. There are limitations to this ultrasound and risk factors, family history and biochemical markers will be reviewed thoroughly in order to ascertain any other testing.

EFW: Performed at 36 weeks will confirm the presentation and give us an estimate of the baby's weight.

Advanced Maternal Age

Patients over the age of 35 at the time of their delivery will be considered Advanced Maternal Age (AMA). These patients will be offered additional testing such as Noninvasive Prenatal Testing (NIPT), genetic counseling, and fetal echocardiogram (fetal echo). NIPT is performed through a blood draw after 10 weeks of pregnancy. This blood test will screen for multiple chromosomal abnormalities including Trisomy 21, 18 and 13. Genetic counseling will allow the patient to sit down with a genetic counselor to discuss genetic histories of both parents and alert us, the providers, of any special testing should it be required. This is also important to complete if any screening test is positive as this will allow for patients to have the option to have diagnostic testing, as in amniocentesis (amnio) or chorionic villus sampling (CVS). The fetal echo is done between 20 and 22 weeks gestation to confirm normal cardiac anatomy.

Laboratory Notice

We are happy to provide laboratory services through **LABCORP** in our office for your convenience. However, please remember that **YOU** are responsible for verifying your own insurance coverage with respect to all laboratory studies. This includes:

- Informing our office which laboratory accepts you insurance plan (*if we do not have this information, we cannot be responsible if it is sent to the wrong lab, and you receive a bill*)
- Finding out which tests are paid for by your particular insurance plan, and how often they can be done (*if we do not have this information, we cannot be responsible if studies are done which are not covered, and you receive a bill*)
- Calling your insurance company and/or the laboratory's billing department with any billing questions (*we do not have anything to do with the laboratories' billing and collections, and cannot help you with this*)

Test Results

Our staff only calls patients with **ABNORMAL** results. The exception to this rule is when a medical assistant calls to inform patients of when the 2nd Trimester Sequential blood draw should be scheduled; between 16 and 18 weeks gestation.

Diet and Weight Gain

Patients should eat a well-balanced diet with plenty of proteins, healthy fats, fruits and vegetables. Drink at least six glasses of water a day. Due to nausea in early pregnancy, small frequent meals tend to be more tolerable. Even if you are not hungry do try to eat small meals and graze throughout the day to feed your growing baby. Constipation is very common and an increase in fiber can help combat severe symptoms. Fiber can be found in dried fruits, berries, dried beans, leafy vegetables and whole-grain products. Two caffeinated servings per day can be consumed. Caffeine is found in coffee, tea, dark sodas and chocolate. 8 ounces is considered a serving of caffeine and a regular Hershey bar is considered a serving size of chocolate. All foods should be well cooked and pasteurized. Large fish can be consumed once a month, small fish twice a week and canned chunk light tuna can be consumed once a week.

| Prepregnancy BMI | Recommended Weight Gain (in pounds) |
|----------------------------------|--|
| Underweight (BMI less than 18.5) | 28-40 (3-4 lbs per visit) |
| Normal weight (BMI 18.5-24.9) | 25-35 (2-3 lbs per visit) |
| Overweight (BMI 25-29.9) | 15-25 (1-2 lbs per visit) |
| Obese (BMI greater than 30) | Less than 16 (1 lb per visit) |

Prenatal Vitamins

Come in all shapes and sizes, from prescription to over the counter. It is important that they contain the appropriate amount of DHA and folic acid. At least 400 mcg of folic acid is usually contained in prenatal vitamins, as well as it can be found in many food sources. Folic acid is a B vitamin that helps prevent the development of brain and spinal abnormalities in the fetus. DHA is a type of omega 3 acid that helps growth and development and 200 mg is typically recommended. There are special formulations of prenatal vitamins that contain stool softeners and anti-nausea medication that can be prescribed depending on patient complaints.

Exercise

No lifting more than 25 pounds. Abdominal exercises should be stopped at 16 weeks of pregnancy. Avoid exercises that involve a lot of jerking, bouncing or high impact movements. Drink plenty of fluids and stop exercising if you have any of these symptoms: bleeding from vagina, shortness of breath, dizziness, chest pain, leaking of fluid from vagina, cramping or contractions or headache.

Medications

These medications are considered safe during pregnancy, unless you have an allergy. You may try these medications before contacting our office.

| | | |
|------------------------------|-----------------|-----------------------|
| Cold and Allergy | Diarrhea | Sleep |
| Saline only Nasal spray | Imodium | Ambien |
| Allegra | Kaopectate | Tylenol PM |
| Benadryl | Lomotil | Unisom |
| Claritin | | |
| Flonase | Antacids | Topical Agents |
| Robitussin DM | Maalox | Calamine Lotion |
| Mucinex | Mylanta | Hydrocortisone Cream |
| Throat Lozenges (NOT Ricola) | Nexium | Neosporin |
| Zyrtec | Pepcid | |
| Xyzal | Prevacid | |

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|--|--------------------|---------------------------------|
| | Prilosec | |
| Constipation | Rolaids | Miscellaneous |
| Citrucel | Tums | Bug Spray with Deet |
| Colace | Zantac | Sunscreen |
| Fibercon Metamucil | | Flu vaccine, any trimester |
| Enemas | Hemorrhoids | DTAP vaccine, after 28 weeks |
| Milk of Magnesia | Anusol | |
| Dulcolax | Preparation H | COVID-19 vaccine, any trimester |
| | Tucks | |
| Morning Sickness | | Pain |
| Unison Tablets 25mg Vitamin B6 (Pyridoxine) 25mg | Back Pain | Tylenol |
| | Lidocaine patches | Tylenol Extra Strength |
| | | Tylenol Sinus |

Sleep

Sleeping on your stomach should STOP at 16 weeks and sleeping flat on your back should STOP at 20 weeks. Patient's may place a pillow to tilt themselves either to the left or right but should not be completely flat. We understand that patients may change positions during sleep and end up on your back, this is okay. It is beneficial to place something under a hip to try to minimize this.

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 Vaccinations

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.

Zika Virus

Travel is still only restricted to areas with known exposure to Zika. Please consult the CDC website for a full list of areas. Zika virus is spread through the bite of a *Aedes aegypti* mosquito and through sexual contact with an infected partner. Patients who believe that they may have been infected may experience symptoms of rash, conjunctivitis, myalgia and fever on average, 2 weeks after exposure. Please make us aware if you have traveled to any area that exposure is possible and if you develop any symptoms. Bug spray containing DEET is safe to use during any trimester in pregnancy. Other methods to prevent exposure would include covering exposed skin, staying in air-conditioning and treating clothing with permethrin.

Sunscreen

Any type of sunscreen can be used during any trimester in pregnancy.

Dental Appointments

Dental health is important during pregnancy and we stress the importance of maintaining good oral hygiene. Local anesthesia and x-rays (with abdominal shielding) are safe during pregnancy, if needed. There are certain conditions that require immediate intervention such as extractions, root canals and restoration of untreated cavities. These can be treated in any trimester and should in order to prevent further complications.

Hair Coloring

We do not recommend any hair coloring or dyeing during the pregnancy. Should you desire to still dye your hair this can be done anytime AFTER 28 weeks.

Pets

Women during pregnancy should not change cat litter or do gardening as harmful pesticides can be carried in cat feces and soil. Women should have another family member change the cat litter or use gloves and wash hands thoroughly afterwards.

Early Normal Pregnancy Complaints

There are certain early pregnancy complaints that are normal and are temporary with pregnancy. This would include breast tenderness, nausea and/or vomiting, cramping without bleeding, increased vaginal discharge and headaches. Symptoms such as nausea and cramping are usually only experienced in the first trimester, but nausea can continue throughout the pregnancy.

For nausea in pregnancy you may take: Unisom Sleeping Tablets 25mg & Vitamin B6 (pyridoxine) 25mg. Take one tablet of each, together at night.

When to Call the Office

If you experience any bleeding without pain, heavy or persistent bleeding with cramping or abdominal pain, gush or leaking of fluid from vagina with or without bleeding and passing of tissue you need to call the office. You can contact the office at any time at (201) 880-4949.

Office Communication

For non-emergent questions please call the office during normal business hours. For emergent/urgent questions or concerns you may call the office at any time at (201) 880-4949. A physician call service will answer calls on nights and weekends and relay messages to the covering Physician. For emergencies that require immediate response please call 911.

Disability and General Letters

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.

Precertifications

You are responsible for informing us if your insurance requires precertifications (percerts) for your ultrasounds. If you do require a precert, please let us know as soon as you schedule your appointment because these take at least 48-72 hours to be approved.

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 a prenatal class free of charge to our patients. Please make sure that you give the providers 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 one 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.

Workplace Violence

We take any verbal, written or physical aggression toward any of our staff members and health care providers from patients or patient representatives **very seriously**. This would include any abusive, intimidation, harassing behavior or threats. Any such activity will result in dissociation between the patient and our practice.

Glossary

Abnormalities - something that is not usual, expected, or normal

Diagnostic - used to help identify a disease, illness, or problem

Screening - the act of doing a test on a person or a person's blood, urine, etc., to look for evidence of a disease

Viability - capable of living or of developing into a living thing

Helpful Resources

www.acog.org The American Congress of Obstetricians and Gynecologists

www.marchofdimes.org March of Dimes

www.cdc.gov Centers for Disease Control

www.nih.gov National Institute of Health

www.aap.org American Academy of Pediatrics

www.healthychildren.org Healthy Children

