



*Welcoming the new family member*

*At*

*Maimonides Medical Center*

**Brooklyn's destination for outstanding healthcare.**

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Dear Patient and Family,

Thank you for selecting Maimonides Medical Center Department of OB/GYN for your Obstetrical and Gynecological care.

Our team of healthcare providers are uniquely qualified in the care of both low and high-risk pregnancies.

The team of physicians, midwives and nurses are proud to be a part of the gift and the joy of childbirth.

At Maimonides Medical Center, we have tailored our obstetrical and gynecological services to deliver the highest quality care to our diverse community. Our staff are respectful of our patient's cultural and religious practices.

We understand this is a precious time for parents and the entire family. Our team welcomes each member of the family to be a part of the process. We will work to provide individualized care from the initial prenatal visit, through delivery to the postpartum period.

In this package, you will be provided with a wealth of information to explain the full range of services we offer and what you and your family should expect from our team.

Again, thank you for selecting Maimonides Medical Center for your OB/GYN care.



Scott Chudnoff, MD, MSc, FACOG  
Chair  
Department of Obstetrics & Gynecology

## About Maimonides Medical Center, our offices and services

Maimonides Medical Center is a state-designated Regional Perinatal Center. Maimonides Medical Center has one of the highest number of deliveries. This reflects our expertise in Obstetrics and Neonatology.

Our physicians and midwives offer comprehensive Obstetrical & Gynecology care in all of our offices. They collaborate with multiple disciplines in the delivery of the highest-quality care to expectant mothers and their families. All physicians and midwives keep abreast of the advances in technology to diagnose and treat patients.

The department has a team of Maternal Fetal Medicine specialists who are uniquely qualified to complete range of testing services from nuchal translucency in the first trimester to detailed fetal testing, fetal anatomy and three-dimensional testing in the second trimester. Our center has state of the art obstetrical ultrasounds with color Dopplers to give detailed images of the baby. This allows the specialist to assess the baby's growth, movement, breathing, positioning and any abnormal conditions.

Our highly trained genetic counselors will help you understand the range of genetic tests available, so you can decide what is best for you and your family. Our testing and counseling accommodates religious and ethical sensitivities.

We have established practices, strategically located in Brooklyn providing a full range of obstetrical services.

### Our Locations:

- ❖ **Brooklyn Heights Women's Center- 26 Court Street Brooklyn, NY**  
Telephone Number- **718-852-9180**
- ❖ **Women's Health Pavilion Sunset Park- 6208 4<sup>th</sup> Avenue Brooklyn NY**  
Telephone Number- **718-283-3000**
- ❖ **Bay Ridge Women's Health- 9101 4<sup>th</sup> Avenue Brooklyn, NY 1122**  
Telephone Number- **347-909-7190**
- ❖ **Nostrand Doctors- 2316 Nostrand Avenue Brooklyn, NY**  
Telephone Number- **718-283-2306**
- ❖ **Women's Primary Care Services- 4422 9<sup>th</sup> Avenue Brooklyn, NY**  
Telephone Number- **718- 283- 8930**
- ❖ **Maimonides Doctors Multispecialty Pavilion**  
**The Regional Perinatal Unit- 4813 9<sup>th</sup> Avenue 4th Floor, Brooklyn, NY 11219**  
Telephone Number **718-283-7979**

### Doula Services

A Doula is trained in offering well-rounded coaching, emotional, physical and educational support to expectant moms and dads. The Doula will guide you through pain management, positioning your body during the birthing process and allow you to enjoy the beautiful experience of giving birth. They will be able to answer the many questions and concerns the family may have during this anxious time.

As part of the diverse community of Brooklyn, our Doula Program offers care that is culturally sensitive to your needs.

*Maimonides Doulas volunteer their time, so there is no cost to the patient. The Doula Volunteer program is run by C.A.R.E.S, a division of Agudah Women of America, in cooperation with Maimonides Volunteers.*

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### Questions, concerns and considerations.

Whether this is your first baby or your third, parents always have many questions.

You should make a list of your questions to ask your provider at each visit.

Recommended reading: **Six Practical Lessons to an easier Childbirth by Elisabeth Bing**

Questions for your provider.

- How will I know I am in labor?
- Will it hurt?
- Will my baby know how to breastfeed?
- How do I care for a newborn?

It is important every mom and dad understands and makes the best choices for her and baby. Breastfeeding has been clinically proven the best choice for baby. Breast milk contains antibodies and nutrients, which are easier to digest to protect babies from illness. It also has been proven to reduce the risk of Sudden Infant Death Syndrome (SIDS), ear infections, diabetes, obesity and certain childhood cancers. The American Academy of Pediatrics recommends only breastfeeding for the first six months of your baby's life. The longer a mother breastfeeds, the greater the health benefits to her infant.

### Resources to assist with successful breastfeeding:

- IBCLC certified lactation counselors in our postpartum units
- NYC Breastfeeding Warmline: Call 646- 965- 7212 to schedule a video or phone meeting with a certified lactation counselor
- National Women's Health and Breastfeeding Helpline: 800- 994- 9662

Classes to prepare you for childbirth, breastfeeding, infant care, and parenting are great ways to lessen anxiety and build confidence. At Maimonides Medical Center, we have collaborated with the Brooklyn Parenting Center to facilitate childbirth, breastfeeding and Lamaze classes in different languages. Please call 718-283-6347

### Tour of our facility.

We offer tours to expectant parents and the family in various languages.



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**Your first prenatal visit.**

The initial visit will probably take about 30-45 minutes. You should have legal photo ID and your insurance card. If this is not your first pregnancy, all previous medical records should be sent to your obstetrician. Whether this is your first pregnancy or not you and your spouse/ partner should make a list of questions and concerns you have about the pregnancy, prenatal care, and birth options.

**Your doctor may ask for your medical history, including:**

- Medical and/or psychosocial problems
- Blood pressure, height, and weight
- Breast and cervical exam
- Date of your last menstrual period (an accurate LMP is helpful when determining gestational age and due date)
- Birth control methods
- History of abortions and/or miscarriages
- Hospitalizations
- Medications you are taking
- Medication allergies
- Your family's medical history

Once this information has been obtained your provider will perform a physical exam, which will include a pap smear, cervical cultures, and possibly an ultrasound.

**After the physical examination, your provider may have his/her medical assistant draw blood for laboratory tests. Typical blood tests include**

- Hemoglobin/ hematocrit
- Rh Factor and blood type (if Rh negative, rescreen at 26-28 weeks)
- Rubella screen
- Varicella or history of chickenpox, rubella, and hepatitis vaccine
- Cystic Fibrosis screen
- Hepatitis B screening
- Sickle Cell prep screen or Hemoglobin Electrophoresis
- Syphilis screening
- HIV test
- Hemoglobin levels
- Hematocrit levels
- Specific tests depending on the patient, such as testing for tuberculosis and Hepatitis C

**Your healthcare provider may discuss the following:**

- Recommendations concerning dental care, cats, raw meat, fish, and gardening
- Fevers and medications
- Environmental hazards
- Travel limitations
- Miscarriage precautions
- Prenatal vitamins, supplements, herbs
- Diet, exercise, nutrition, weight gain
- Physician/midwife rotation in the office

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## **Prenatal Vitamins**

Your obstetrician or midwives will prescribe a prenatal vitamin during your initial visit. These are given to make sure that all of your nutritional needs are being met. However, prenatal vitamins do not replace a healthy diet.

The U.S. Public Health Service recommends that all women of childbearing age consume 400 micrograms (0.4 mg) of folic acid each day. Folic acid is a nutrient found in:

- Some green leafy vegetables
- Most berries, nuts, beans, citrus fruits and fortified breakfast cereals
- Some vitamin supplements.

Folic acid can help reduce the risk of neural tube defects, which are birth defects of the brain and spinal cord. Neural tube defects can lead to varying degrees of paralysis, incontinence and sometimes-intellectual disability.

Folic acid is the most helpful during the first 28 days after conception, when most neural tube defects occur. Unfortunately, you may not realize that you are pregnant before 28 days. Therefore, your intake of folic acid should begin before conception and continue throughout your pregnancy. Your health care provider or midwife will recommend the appropriate amount of folic acid to meet your individual needs.

## **Working and Pregnancy**

Pregnancy is not a disease; it is a normal healthy process. If you are experiencing a normal pregnancy without complications, many women can continue to work during pregnancy.

In the early stages of your pregnancy, you may experience morning sickness. The best way to control these feelings of nausea is to snack regularly, particularly on foods heavy on carbohydrates, such as pasta, crackers, or rice. In addition, stay hydrated! Many find that ginger ale alleviates nausea, but it may be best to stay away from the early-morning coffee. If possible, situate yourself away from anything that might trigger sickness, such as fatty foods or foul smells.

It is important to get plenty of rest and at least eight hours of sleep per night to reduce fatigue.

At the right time, you should sit and inform your boss that you are pregnant. This would allow him/her to set the expectation for planning doctors' appointments.

## **Family Medical Leave of absence**

It is not advisable for you to take a leave of absence from your job without first consulting and obtaining provider consent. If you take a leave of absence prior to consulting or obtaining consent from your provider, he/she may not be able to provide you with documentation to support your leave of absence.

## **Disability Forms**

The employee section of the form should be completed prior to submitting for the provider to complete.

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## WIC Form

If you are eligible to receive WIC benefits. Please submit the forms to your healthcare provider for completion.

## Exercise

It is important to discuss your exercise routine with your obstetrician during your initial or follow-up prenatal visits. If your provider will advise you if it is recommended for you to continue with your regular exercise routine. If you do not have a regular exercise routine it is suggested you take short walks to keep your blood flowing.

If your provider has diagnosed you with the following conditions, it is recommended you should not exercise during the pregnancy.

- ❖ Certain types of heart and lung diseases
- ❖ Cerclage
- ❖ Being pregnant with twins or triplets (or more) with risk factors for preterm labor
- ❖ Placenta previa after 26 weeks of pregnancy
- ❖ Preterm labor during this pregnancy or ruptured membranes (your water has broken)
- ❖ Preeclampsia or pregnancy-induced high blood pressure
- ❖ Severe anemia

### Benefits of exercising during pregnancy:

- ❖ Reduces back pain
- ❖ Eases constipation
- ❖ May decrease your risk of gestational diabetes, preeclampsia, and cesarean birth
- ❖ Promotes healthy weight gain during pregnancy
- ❖ Improves your overall fitness and strengthens your heart and blood vessels
- ❖ Helps you to lose the baby weight after your baby is born.



### Exercise Precautions

- ❖ Drink plenty of water before, during, and after your workout. Signs of dehydration include dizziness, a racing or pounding heart, and urinating only small amounts or having urine that is dark yellow.
- ❖ Wear a sports bra that gives lots of support to help protect your breasts. Later in pregnancy, a belly support belt may reduce discomfort while walking or running.
- ❖ Avoid becoming overheated, especially in the first trimester. Drink plenty of water, wear loose-fitting clothing, and exercise in a temperature-controlled room. Do not exercise outside when it is very hot or humid.
- ❖ Avoid standing still or lying flat on your back as much as possible. When you lie on your back, your uterus presses on a large vein that returns blood to the heart. Standing motionless can cause blood to pool in your legs and feet. These positions may cause your blood pressure to decrease for a short time.

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### **Alcohol and your baby.**

The American College of Obstetricians and Gynecologists has advised against drinking alcohol during pregnancy; may place your baby at risk of lifelong birth defects.

There is no safe amount or type of alcohol use during pregnancy. One drink a day can cause lifelong problems for your baby. These problems may be less obvious than those caused by heavy drinking. These may include problems with coordination, behavior, attention, learning and understanding consequences.

### **Nutrition**

It is important to maintain healthy balanced nutritious meals during your pregnancy. A balanced diet should consist of protein, fruits, vegetables and whole grains. These types of foods can reduce nausea and constipation.

- ❖ Vegetables: carrots, sweet potatoes, pumpkin, spinach, cooked greens, tomatoes and red sweet peppers (for vitamin A and potassium)
- ❖ Fruits: cantaloupe, honeydew, mangoes, prunes, bananas, apricots, oranges, and red or pink grapefruit (for potassium)
- ❖ Dairy: fat-free or low-fat yogurt, skim or 1% milk, soymilk (for calcium, potassium, vitamins A and D)
- ❖ Grains: ready-to-eat cereals/cooked cereals (for iron and folic acid)
- ❖ Proteins: beans and peas; nuts and seeds; lean beef, lamb and pork; salmon, trout, herring, sardines and Pollock.



If you are craving foods that are high in fats and sugars, get creative.

### **Foods to Avoid**

- ❖ All raw fish
- ❖ Hot dogs, lunch meats, cold cuts (when served chilled or at room temperature; heat to internal temperature of 74°C [165°F] or steaming hot)
- ❖ Refrigerated pâté and meat spreads
- ❖ Refrigerated smoked seafood
- ❖ Raw (unpasteurized) milk
- ❖ Unpasteurized soft cheeses such as feta, queso blanco, queso fresco, Brie, queso panela, Camembert, and blue-veined cheeses
- ❖ Unwashed raw produce such as fruits and vegetables (when eating raw fruits and vegetables, skin should be washed thoroughly in running tap water, even if it will be peeled or cut)

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## **Planning for your baby's arrival**

### **Pre-Registration:**

Registering for your delivery is a key point in preparing for the baby's arrival. The pre-registration forms are available in your provider's office and should be completed at least one month prior to your due date.

### **Financial Arrangements**

Please advise your insurance carrier that you are expecting, the estimated date of delivery and that you will be delivering at Maimonides Medical Center.

### **Healthcare coverage for your baby.**

At your providers office you should indicate if the baby would be covered under mom or dad's insurance carrier.

### **Birth Certificate Application**

- If you would like to review this form ahead of time, or even fill it out and bring it with you to the hospital, it is available on our website.
- If you prefill the form, make sure you use ink and sign at the appropriate places

### **Acknowledgement of Paternity Form**

- New York State requires this form to be filled out by the non-birthing parent, if parents are not married
- A copy of the form is available on website for review, but must be filled out after delivery of the baby

### **Selecting a Pediatrician:**

Selecting a pediatrician before your baby is born is an important decision that will ensure your child receives the best possible medical care from the very beginning. There is a list of pediatricians who have privileges at Maimonides on the following page. We recommend identifying a pediatrician in your second trimester. Many pediatricians offer prenatal visits or interviews for expectant parents. This is a great opportunity to ask questions, discuss your preferences and get a sense of the pediatrician's approach to care.

### **NICU and Pediatric Specialists:**

While we hope for smooth and healthy pregnancies, some newborns may require special care. Maimonides is a New York State designated Regional Perinatal Center in recognition of excellence in the delivery of maternity and neonatal care. Our Neonatal Intensive Care Unit (NICU) has state-of-the art equipment, and is able to offer advanced procedures such as therapeutic hypothermia and video electroencephalogram. In-house coverage by a board-certified neonatologist is provided 24 hours a day, 7 days a week. Maimonides offers a full complement of pediatric subspecialists in the NICU, as well as outstanding physicians, nurses, respiratory therapists, physical therapists, social workers, and patient representatives who represent the best in medical excellence and care. While their primary focus is on the care of the neonate, our NICU team also take into account the needs of the entire family.



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**Pediatricians who have admitting privileges at Maimonides:**
**PEDIATRIC FACULTY GROUP AND MMC CLINICS**

AGATHI VILLIANATOS CHRISTINE VINER	PARENT INITIALS	AGATHI VILLIANATOS CHRISTINE VINER	PARENT INITIALS	AGATHI VILLIANATOS CHRISTINE VINER	PARENT INITIALS
<b>COVERED PHYSICIANS</b>		<b>COVERED PHYSICIANS</b>		<b>COVERED PHYSICIANS</b>	
ANTAR, ROBERT		BELILOVSKY, ANATOLY		WICHS, ADELA	
BEKAR, SAMUEL		BULMASH, MAX		WU, JAMYLIA	
BELTYAKOV, MORDECHAL		DITCHEK, STUART		BANSAL, SHILPA	
BOND, HARRY		FELDMAN, SAUL		BAKHURETS, TATYANA	
CHAN		FENSTER, MARK		CARONIA, REVITAL	
GABRIEL, MICHAEL/DEMETRIOS		GERSHKOVICH, TIBOR/GALINA		DELONE, NAOMIE	
GELBFISH, CHANA		HOLLANDER-BOBO, ROBIN		HUO, LISA	
GINDI, EDWARD		HURWITZ, DAVID		KEENAN, MEGAN	
KHAN, NASRULLAH		LIPPMAN, SHELDON		LAZ, YONIT	
KATYRZYNA/VINE/VALLIANTOS		MARSHALIK, BORIS		MASON, CHANTEL	
LASHIKER, LARISSA		NOROWITZ, KEVIN		MINIMOL, ANTONY	
LI HONG YE		PETTY, SANDRA		NAYAK, MEGHNA	
LI YAN		PREIS, ODEO		NARAIN, SWATI	
LIS, JOHANNA		ROSEN, ELI		ODUSI, OLATUBOSUN	
MARTINEZ, DOLORES		RUDERMAN, TATYANA		SCHAFER, ASHLEY	
PEARLMAN, GARY		SALAMEH, MEIR		TSOPELAS, JOANNA	
PENG, JIM PENG		SCHULMAN, GERALD		YOUNG HIGGINS, TIFFANY	
POWERS, THOMAS		SCHWIMMER, RICHARD			
RAJARAM, MADHU		STEIER, MOSHE			
ROSENBERG, HERMAN		STEIN, RIVKA			
SCHULMAN, SUSAN		TEITELBAUM, JEFFREY			
SHEU, ZUORONG		WAHBAH, JOSEPH			
SINGH, ANOOP		YECHIEL, ZAGELBAUM			

**DIAMOND GROUP**

DIAMOND, DAVID		KLEIN, DAVID		ZYSKIND, ISRAEL	
DIAMOND, STEVEN		KIRSCHENBAUM, MARK			

**PEDIATRIC ASSOCIATES OF BROOKLYN**

ABBERBOCK, GARY		MOSHE, ELI LAZAR		STYLER, STEVEN	
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**INDIVIDUAL PHYSICIANS**

ADLER, ROBERT G		BASSOUL, ALBERT		BASSOUL, NISSIM, MOSES	
BENKEL, MARK M		CHENG, YE CINDY		FEURSTEIN, KENNETH LAWRE	
GOUGH, JAMES W		KABARITI, JACK		KADAR, ROBERT SCOTT	
KOFMAN, NATALYA		LAZAR, MOSHE		LEE, ALLEN I	
LEE, YICK MOON		MAHALE, REKHA		MENG, GANG	
MESNICK, DEBRA		MEYERS, JORDAN		REYNGOLD, BEIA	
REYNOLDS, TERENCE		ROTH, OLITSA/ROTH DANIEL		SADACKA, JACK	
SANTILLI, VERONICA C		SADAR, HENRY		TONG, SHIWEL	
VAYNER, ILYA E		VAYNER, SENYA		WE, JAMYLIN	

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### **Check the safety of your baby's crib and other baby items.**

You will receive many offers of baby items from family and friends. It is highly recommended you check the age of the products being given. Were they ever recalled? Are parts missing or loose? Check all cribs and mattress meet the FDA safety standards. You can verify the information for recalls and on buying a safe crib and mattress at the [U.S. Consumer Product Information Safety Commission](https://www.safercar.gov) website. Alternatively, call them at 800-638-2772.

### **DO NOT PLACE THE FOLLOWING ITEMS IN THE BABY'S CRIB**

- **Pillows, blankets, and stuffed animals can cause suffocation.**  
**Check the following in your home:**
- **Check to see that smoke detectors and carbon monoxide detectors in your home are working.**  
Place at least one smoke detector on each level of your home and in halls outside of bedrooms. Have an escape plan in case of fire.
- **Put emergency numbers, including poison control, near each phone.** Have at least one phone in your home connected by landline. Cordless phones do not work when the power is out, and cellphone batteries can run out.
- **Make sure your home or apartment number is easy to see so fire or rescue can locate you quickly in an emergency.**
- **Make sure handrails are installed and secured in stairways.** Always hold the handrail when using stairs, especially when holding your baby.

### **Preparing for delivery**

What to bring to the hospital when you are going to deliver.

- **Legal Photo Identification and your Insurance Card.**
  - **Accepted forms of legal photo identification.**
    - U.S military photo identification card
    - Out-of-state photo driver license
    - U.S. State Department-issued passport or passport card
    - Foreign passport with a valid J-551 stamp or with a statement on the visa
    - Permanent resident card T-551
    - New York State Human Resources/Medicaid card with photo
    - Photo identification card issued by local government agency
    - U.S. college identification with photo.
    - U.S. high school identification with photo.
- **Toiletries.** We would recommend travel sizes.
  - Toothbrush and toothpaste, soap, shampoo, and lotion
  - Lip balm, deodorant, brush and comb
  - Makeup, head ties or headbands, eyeglasses
  - Bathrobe, nightgown, slippers and socks.

**What not to bring to the hospital:** Jewelry, cash, credit cards and things that are high in value.

### **Deluxe Private Rooms**

A limited number of deluxe rooms are available for an additional out of pocket fee. To obtain more information about reserving a private room, please speak with a member of staff in the practice where you have received care or inquire at the time of admission.

## Visitors

Our commitment is to support our patients in all settings to share in the birthing experience with significant others and family. Labor and Delivery accommodates visitors 24 hours a day, 7 days a week: two-support persons (including a doula) may accompany laboring patient.

## Operating and Recovery Rooms

In general, one support person is allowed to be present with the patient during and after the procedure. In the event of a clinical emergency for the safety of all visitation may be limited.

## Mother and Baby (Postpartum)

After you have delivered the baby, two support persons from 9:00am-9:00pm are permitted.

## After Delivery: To help your baby stay healthy, at birth your baby will receive

- **Vitamin K1 injection** as mandated by NY State Law (10 NYCRR 12.3). Vitamin K is necessary for blood to clot normally
- **Erythromycin eye ointment** as mandated by NY State Law (10 NYCRR 12.2). This protects your baby from getting eye infections that can occur after birth
- **Hepatitis B vaccine** as recommended by Center for Disease Control, American Academy of Pediatrics, American College of Obstetrics and Gynecology and the World Health Organization. Hepatitis B can have life-long consequences including development of liver cancer. Although strongly recommended, a parent has the right to decline this vaccine

## Length of Stay

In general, approximately 2-5 days. Our discharge time is typically around 11:00AM; please plan for your pick up. Mother and baby may have different medical needs, which may require one or both to have an extended length of stay. The discharge of the baby is the direct responsibility of the pediatrician.

## Parking

The Maimonides Medical Center parking garage is located on Tenth Ave between 47<sup>th</sup> and 48<sup>th</sup> Streets with hourly rates. Valet parking is available Monday through Friday from 7:00am to 6:00pm for \$15.00.

On your day of discharge, you will receive a free parking validation.

## Interpreter Services

Interpreter services are available in any and all languages to serve our patients.

## What would you need to take your baby home?

In order to ensure the safety of your newborn, the hospital will require you to have a car seat when you are ready to be discharged from the hospital.

Clothes to take baby home.

- Undershirt, socks and booties
- Going home outfit, such as a stretch suit, nightgown or sweater set
- Receiving blanket, cap and heavier blanket or bunting (if the weather is cold)

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## Stages of Pregnancy

It is important for you to keep your prenatal appointments and inform your provider with any changes you may be experiencing.

### The first trimester you may experience many changes.

- Hormonal changes which can affect almost every organ system in your body
- Extreme tiredness
- Tender, swollen breasts. Your nipples might also stick out.
- Upset stomach with or without throwing up (morning sickness)
- Cravings or distaste for certain foods
- Mood swings
- Constipation (trouble having bowel movements)
- Need to pass urine more often
- Headache, Heartburn, Weight gain or loss

### First Trimester (week 1-week 12)

#### At Four Weeks

- Your baby's brain and spinal cord have begun to form.
- The heart begins to form.
- Arm and leg buds appear.
- Your baby is now an embryo and one-twenty-fifth inch long.



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#### At Eight Weeks

- All major organs and external body structures have begun to form.
- Your baby's heart beats with a regular rhythm.
- The arms and legs grow longer, and fingers and toes have begun to form.
- The sex organs begin to form.
- The eyes have moved forward on the face and eyelids have formed.
- The umbilical cord is clearly visible.
- At the end of eight weeks, your baby is a fetus and looks more like a human. Your baby is nearly 1 inch long and weighs less than one-eighth ounce.





### At Twelve Weeks

- The nerves and muscles begin to work together. Your baby can make a fist.
- The external sex organs show if your baby is a boy or girl. A woman who has an ultrasound in the second trimester or later might be able to find out the baby's sex.
- Eyelids close to protect the developing eyes. They will not open again until the 28th week.
- Head growth has slowed, and your baby is much longer. Now, at about 3 inches long, your baby weighs almost an ounce.



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### The second trimester you may experience.

- Some nausea and fatigue
- Body aches, such as back, abdomen, groin, or thigh pain
- Abdomen will expand as the baby continues to grow
- Stretch marks on your abdomen, breasts, thighs, or buttocks
- Darkening of the skin around your nipples
- A line on the skin running from belly button to pubic hairline
- Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the mask of pregnancy.
- Numb or tingling hands, called carpal tunnel syndrome
- Itching on the abdomen, palms, and soles of the feet. *(Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching.*
- Swelling of the ankles, fingers, and face. *(If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away.*

### Second Trimester of Pregnancy (week 13-week 38)

#### At Sixteen Weeks

- Muscle tissue, bone and skin continue to form, creating a more complete skeleton.
- Meconium (mih-KOH-nee-uhm) develops in your baby's intestinal tract. This will be your baby's first bowel movement.
- Your baby makes sucking motions with the mouth (sucking reflex).
- Your baby reaches a length of about 4 to 5 inches and weighs almost 3 ounces.



### At Twenty Weeks

- Your baby is more active. You might feel slight fluttering.
- Your baby is covered by fine, downy hair called lanugo (luh-NOO-goh) and a waxy coating called vernix. This protects the forming skin underneath.
- Eyebrows, eyelashes, fingernails, and toenails have formed. Your baby can even scratch itself.
- Your baby can hear and swallow.
- Now halfway through your pregnancy, your baby is about 6 inches long and weighs about 9 ounces.



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### At Twenty Four Weeks

Bone marrow begins to make blood cells.

- Taste buds form on your baby's tongue.
- Footprints and fingerprints have formed.
- Real hair begins to grow on your baby's head.
- The lungs are formed, but do not work.
- The hand and startle reflex develop.
- Your baby sleeps and wakes regularly.
- If your baby is a boy, his testicles begin to move from the abdomen into the scrotum. If your baby is a girl, her uterus and ovaries are in place, and a lifetime supply of eggs have formed in the ovaries.
- Your baby stores fat and has gained quite a bit of weight. Now at about 12 inches long, your baby weighs.



about 1½ pounds

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### The third trimester you may experience.

- Shortness of breath
- Frequent urination
- Heartburn
- Swelling of the ankles, fingers, and face. *(If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away.)*
- Hemorrhoids
- Tender breasts, which may leak a watery pre-milk called colostrum (kuh-LOSS-struhm)
- Your belly button may stick out
- Trouble sleeping
- The baby "lowering", or moving lower in your abdomen
- Contractions, which can be a sign of real or false labor

### **THIRD TRIMESTER OF PREGNANCY (WEEK 29-WEEK 40)**

#### **At Thirty Two Weeks**

- Your baby's bones are fully formed, but still soft.
- Your baby's kicks and jabs are forceful.
- The eyes can open and close and sense changes in light.
- Lungs are not fully formed, but practice "breathing" movements occur.
- Your baby's body begins to store vital minerals, such as iron and calcium.
- Lanugo begins to fall off.
- Your baby is gaining weight quickly, about one-half pound a week. Now, your baby is about 15 to 17 inches long and weighs about 4 to 4½ pounds.



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#### **At Thirty Six Weeks**

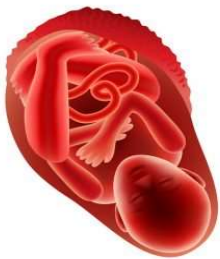
- The protective waxy coating called vernix gets thicker.
- Body fat increases. Your baby is getting bigger and bigger and has less space to move around. Movements are less forceful, but you will feel stretches and wiggles.
- Your baby is about 16 to 19 inches long and weighs about 6 to 6½ pounds.



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#### **At Forty Weeks (FULL TERM)**

- By the end of 37 weeks, your baby is considered full term. Your baby's organs are ready to function on their own.
- As you near your due date, your baby may turn into a head-down position for birth. Most babies "present" head down.
- At birth, your baby may weigh somewhere between 6 pounds 2 ounces and 9 pounds 2 ounces and be 19 to 21 inches long. Most full-term babies fall within these ranges. But healthy babies come in many different sizes.



This is the final stage of your pregnancy. As you near your due date, your cervix becomes thinner and softer (called effacing). This normal, natural process helps the birth canal (vagina) to open during the birthing process. Your doctor will check your progress with a vaginal exam as you near your due date.

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**Signs of Labor.**

What is labor?

Labor is the process of delivering your baby the placenta. Labor usually occurs sometime between 38 and 41 weeks of pregnancy. As you approach your due date, you may experience one or more signs that labor day(s) is coming. Each woman's signs are different. Labor can be for a few hours or a few days.

First time moms may experience what is called Lightening. This is when the baby has dropped and is now in the lower pelvis.

If this is not your first pregnancy, you may not experience Lightening.

When your cervix begins to dilate you may pass a small amount of mucous which collected in the cervical canal during pregnancy.

**Contractions**

During your pregnancy, you would have experienced contractions. A tightening and relaxing in the lower abdominal area. If you begin to feel your uterus contracting, your abdomen feels tight and begin to get cramps you need to be seen by your obstetrician.

**Contact your provider and go to Labor and Delivery at Maimonides Medical Center.**

**After Delivery**

She/he has arrived after nine months of waiting. You are Excited and Exhausted. Excited to see your bundle of joy and exhausted from the experience your body has just been through. It is going to need time to recover. You will need to rest, eat well, and give yourself time to enjoy your baby and this moment in time.

**Six weeks after your delivery.**

Post-Partum Appointments.

It is important that you follow up with your obstetrician for your post-partum appointment. Postpartum care improves the health and well-being for mom, baby and the family. During the weeks after birth, mom's body will have many physical and psychological changes. Your obstetrician will need to complete a physical examination to ensure the recovery process is being completed. Additionally, he/she can assist mom with addressing any challenges a new mom may experience.

At this visit, you should take the opportunity to decide with your provider what future family planning method will be best for you and your partner.

**Obtaining your baby's Birth certificate and Social Security**

**Please call 718- 283- 7636**

*Thank you for selecting us for your care*

**Payson Birth Center at Maimonides: 4802 10<sup>th</sup> Avenue Brooklyn, NY 11219**

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