

MANHATTAN

# WOMEN'S HEALTH

Congratulations on your pregnancy! Here is some information that you may find useful as your due date approaches.

## CHILDBIRTH CLASSES

[www.sweetpeasnyc.com](http://www.sweetpeasnyc.com) . Our nurse, Laura, and MA, Parker, teach classes in our UES office several times a month. Visit the website for schedules or email Laura at [laura@sweetpeasnyc.com](mailto:laura@sweetpeasnyc.com)

## VACCINES

**Tdap Vaccine** should be administered each pregnancy between 27 and 36 weeks. You may get this at any pharmacy (CVS, Duane Reade, etc.) All care givers of newborns (spouses, grandparents, babysitters, etc.) should also get a booster for Tdap if they have not recently.

Influenza season is typically October through May. You should get the inactivated, single dose **Flu Vaccine** anytime during your pregnancy.

**RSV Vaccine** is available and recommended for pregnant patients between 32-36 weeks during peak season (Fall/Winter)

**New Covid-19 Boosters** are available and recommended for pregnant patients. It should be at least 2 months from your last vaccine and at least 90 days since you have had a positive covid test.

## HOSPITAL INFORMATION

To **schedule a tour** of the hospital, please scan here:



To Pre-register at the hospital visit <https://redcap.link/lhhlaborprereg>  
Or scan here:



### **CORD BLOOD BANKING**

If you are interested, please notify our staff and contact one of the cord blood banks. Here are a few we recommend.

Cord Blood Registry (CBR) [www.cordblood.com](http://www.cordblood.com) (888) 932-6568

Stemcyte [www.stemcyte.com](http://www.stemcyte.com)

Viacord [www.viacord.com](http://www.viacord.com)

Please note there is a **fee from our office of \$500** to collect cord blood separate from any fees charged by the company you choose.

### **BREAST PUMPS**

A few options to order a breast pump through your insurance.

[www.aeroflow.com](http://www.aeroflow.com)

[www.yummymummy.com](http://www.yummymummy.com)

### **DISABILITY FORMS/FMLA**

If you have forms you need filled out for your employer, please feel free to email them to our front desk staff to complete them for you. Please note: Standard New York State disability gives 6 weeks for a vaginal delivery and 8 weeks for c/section. If your job offers more than that, it will be family leave, not medical disability.

### **PEDIATRICIANS**

Please start thinking about a pediatrician for your baby. Here are some local practices:

Park Avenue Pediatrics (212) 534-3000

Global Pediatrics (212) 585-3329

Premier Pediatrics (212) 598-0331