



## Welcome to the 3<sup>rd</sup> Trimester!

Hope you are feeling well and excited to meet your baby! The following information will help you stay on track and make sure everything in this last trimester is completed before the baby arrives.

- Did you complete your glucose test and receive the results?
- Are you getting the Tdap vaccine?
- Have you found a pediatrician?
- Did you receive Rhogam (for moms with Rh negative blood type only)
- Did you want to sign up for a childbirth education class?
- Are you thinking of having a doula?
- Did you schedule a fetal growth scan (between 30-32wk)
- Breast Pump request

### **Glucose test:**

Pregnant patients complete a blood screening test for gestational diabetes (called the Glucose Challenge Test or GCT) in the office between **24-28wks**. We will give you a glucose drink and 1 hour after you complete the drink, we will draw your blood in the office. For more information on this please visit our website and look under the resources tab for "Glucose Test".

### **Tdap Vaccine:**

The Tdap vaccine offers protection from three serious diseases: tetanus, diphtheria, and pertussis (whooping cough). It's the first booster designed to protect adults and adolescents from whooping cough. Whooping cough is very contagious and can result in months of coughing, cracked ribs from severe coughing spells, pneumonia, and other complications. While you probably got the vaccine as a child, the immunity wanes over time. Vaccinating adults will also protect baby from exposure. Whooping cough can be life-threatening for babies who are less than a year old. If you get the Tdap vaccine during pregnancy your baby is likely to get antibodies from you during pregnancy that will offer them some protection as a newborn, when they are too young to be vaccinated. For more information on this please see the handout in the waiting area.

**The CDC recommends that pregnant people get the Tdap vaccine in every pregnancy between 27-36wks.** You can get the vaccine at a pharmacy or your primary care provider, we do not give it in the office.

### **Pediatrician:**

A couple days after the baby is discharged from the hospital they will need to be seen by a pediatrician. It is helpful to have connected with a pediatrician before the baby is born. Here is a list of a few in the area to get you started on locating one that is right for you and your family.

- Tribeca Pediatrics 425 5<sup>th</sup> Ave Brooklyn NY 11215, (718)-568-9220 , locations in Williamsburg, Ft. Greene and Flatbush)
- Philippa Gordon, MD 62 8<sup>th</sup> Ave Brooklyn 11217, (718)- 623-9464 or 300 Court St Brooklyn 11231 (347)-763-0084
- Slope Pediatrics 60 8<sup>th</sup> Ave Brooklyn NY 11217, (718)-636-0019
- South Slope Pediatrics (Dr. Cao): 501 5th Ave Brooklyn 11215, (718)-576-2450
- Premier Pediatrics: 110 4th Ave Brooklyn 11217, (718)-369-0817 or 121-05 Rockaway Beach Blvd. Queens 11694, (646)-553-4815
- Brooklyn Bridge Pediatrics: 35 Monroe Pl. Brooklyn 11201, (718) 834-1007
- Pediatric Associates: 20 Plaza St. Brooklyn 11209, (718) 857-5500
- Gabriel Pediatrics: 7715 4th Ave Brooklyn 11209, (718) 833-2300
- Robert Darr, MD: 356 76th St. Brooklyn 11209, (718) 833-3111
- DeVito & Alvarado: 8008 3rd Ave. Brooklyn 11209, (718) 833-3636
- Stephen Ajl, MD: 121 DeKalb Ave Brooklyn 11201, (718) 250-8764
- Park Slope Pediatrics: One Prospect Park West Brooklyn 11215, (718) 636-3960
- Nick Fataci, MD: 1407 West 6th St. 3rd Fl. Brooklyn 11204, (718) 256-1057
- Mark Lew, MD: 2704 Glenwood Rd. Brooklyn 11210, (718) 859-6440
- Grigoletto/DeGennero/Pintus-Emma: 3371 Richmond Ave. Staten Island, (718) 238-1000
- Gayathri Gara, MD: 174 Lily Pond Rd Staten Island 10305, (718) 727-7935

### **Rhogam:**

Rhogam is a shot that pregnant people are advised to receive in pregnancy if their blood type is Rh negative (for example O Neg or A Neg). The shot is **given after 28wks of pregnancy**. If you know you are Rh negative, you should anticipate getting a prescription for Rhogam and we will explain exactly what Rhogam is and why it is advised that you receive it. If you do not know your blood type please ask at your next visit!

### **Childbirth Education Classes:**

Childbirth education is a wonderful way to learn about the birth process. It is recommended for all families, especially first-time parents. Below is a list of a few options:

- NYP Brooklyn Methodist, Life Begins program
- Childbirth Education Association <http://ceamny.org/find-a-teacher/>
- Carriage House Birth
- Baby Caravan
- Birthday Presence
- Birth Matters NYC
- Expecting NYC
- Mindful Birth NY
- Tribeca Parenting
- Hypnobabies NYC
- Wonder Woman Childbirth
- Healthy Start Brooklyn - free classes 718-637-5244 or email [stull@health.nyc.gov](mailto:stull@health.nyc.gov)

### **Doulas:**

Doulas are birth support people who give non-medical guidance and support to the laboring person. Often, they will come to your home to labor with you and then also come to the hospital to continue supporting you throughout the entire birth process. Many doulas are trained in lactation support and are a great resource for parents. Below is a list of a few doula groups in the area:

- Kin Doulas
- Dos Doulas
- Baby Caravan
- Birthday Presence
- The Doula Project
- Ancient Song Doula Services
- By My Side Birth Support Program - free for WIC eligible clients, 718-637-5231 or email [gammann@health.nyc.gov](mailto:gammann@health.nyc.gov)
- NYC Doula Collective
- Carriage House Birth
- Birth Focus
- Doula Match
- NYC Doula Service
- Metropolitan Doula Group
- Birth Focus
- Expecting NYC Doula Group

**Postpartum Doula Support:**

- Tiia Zlotnikoff - Postpartum Consultant & Specialized Doula Care <http://www.tiasuzanne.com>
- Meema Spadola - Postpartum Doula and Certified Lactation Counselor <http://www.meemadoula.com>
- Baby Caravan (will match you with a PP Doula based on price range and needs) <http://www.babycaravan.com>
- Grace MacNair - Postpartum doula, breastfeeding support, placenta encapsulation [www.gracemacnair.com](http://www.gracemacnair.com)

**Estimated Fetal Weight Growth Sonogram:**

Between 30 to 32 weeks we invite patients to please complete a growth sono, we will give you a referral for this in the office and it will be completed in a sonographers office. This will let us know that the baby is on track and at an adequate weight.

**Breast Pump:**

If you would like a breast pump this may be covered by your health insurance. If you need a prescription the office front desk staff can provide you with that at your next visit.

**Other helpful resources:**

**Acupuncture:**

- Tigerlily Holistic, community acupuncture in Bushwick
- Brooklyn Acupuncture Project [www.brooklynacupunctureproject.com](http://www.brooklynacupunctureproject.com)
- Slope Acupuncture with Sarah Rivkin [www.slopeacupuncture.com](http://www.slopeacupuncture.com)
- Third Root Community Health Center

**Prenatal Massage:**

- Red Moon Wellness

- Third Root Community Health Center
- Integrative Bodywork
- Expecting NYC
- Eileen Togher

**Physical Therapy Specializing in Pregnancy and Postpartum:**

- Renew PT
- Functional Pelvis - Lindsey Vestal
- Brooklyn Health PT
- Pamela Morrison PT
- Shift Integrative Medicine

**Chiropractor specializing in pregnancy:**

- Dr. Jasmine Joseph 718-269-7813
- Community Chiropractic and Acupuncture of Park Slope 718-398-3100
- Method Chiropractic 201-554-4641
- Flower of Life Chiropractic 929-244-9415

**Breastfeeding Resources:**

- The New York Lactation Consultant Association [www.nylca.com](http://www.nylca.com)
- Baby Caravan - Weekly Breastfeeding Drop-in at ParentCraft (Park Slope) hosted by Simone Toomer LC
- La Leche League Meet Ups - free resources, peer-support and neighborhood meetups <http://www.lll.ny.org>
- Kelly Mom - [www.kellymom.com](http://www.kellymom.com) Start here for troubleshooting
- Park Slope Parents Breastfeeding Meetups - Have to become a member of PSP to join
- LactMed - Safe medications while nursing <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- Baby GooRoo - [www.babygooroo.com](http://www.babygooroo.com)
- Dr. Jack Newman - <https://www.breastfeedinginc.ca/>
- Boober- [www.getboober.com](http://www.getboober.com)

**Food and Nutrition:**

- Rachel Lori, Chef, [www.foodandprovisionsnyc.com](http://www.foodandprovisionsnyc.com) (Specializes in healthy prepared meals delivered to your home)
- Claudia Betancur, RD, CDN, CDE 718-473-5681 or [claudiarbentancur@gmail.com](mailto:claudiarbentancur@gmail.com) (Nutritional counseling and diabetes education )

**Web Resources:**

- Choices in Childbirth
- Evidence Based Birth
- American Academy of Pediatrics
- American College of Obstetrics and Gynecology (ACOG)
- American College of Nurse Midwives (ACNM)

**Books:**

- The Birth Partner, Penny Simkin
- Expecting Better, Emily Oster
- Ina May's Guide to Childbirth, Ina May Gaskin
- Ina May's Guide to Breastfeeding, Ina May Gaskin