

Babies at Sinai

Total Survival Guide

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Congratulations!!

Yay!! You just found out you're pregnant. Congratulations. Welcome to the most intense and rewarding ride of your life. This resource is minimal but has been edited by residents that came before you and lived to tell the story. Add to it as you can, because no one knew the answers to these questions until we asked.

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Who Should I tell?...

This is the biggest secret of your life, you told your husband, maybe you told your mom, the next most important person to tell is Kaush. You may want to wait till you are far along, but I wouldn't wait longer than the end of your first trimester, especially if block schedules can be affected when you initially find out. Depending on your PGY level, you will be able to take electives or research as your maternity leave, with vacation added if needed. However the only person that can pull this together for you is Kaush. Copying the APDs can be helpful as they help with scheduling and they will keep things private. (Note: You do not need to "notify" anyone else in an official capacity, they'll just start noticing you are gravid.)

Where should I go?

Here are the Docs we chose... based on recommendations. We absolutely *loved* our OB's, and listed them here because we think you'd love them too.

OB/GYN

- **Hsiang Chen**
 - (212) 369-8192
 - 1113 Park Ave (@90th)
 - Sinai top tier
 - Private office, single attending who covers her own L&D.
 - All your ultrasounds will be done by Carnegie Women's Imaging (also on 90th st).
- **Joyce Kim**
 - (212) 737-3282
 - 47 East 88th street (@88th)
 - Sinai top tier
 - Private office, shares practice with Dr. Linda Friedman, both attendings cover their own L&D.
 - All your ultrasounds will be done by Mount Sinai MFM (5 east 98th Street).
- **Shari Brasner, Isabel Blumberg and Rebecca Amaru**
 - (917) 492-9200
 - 1123 Park Avenue (@90th st)
 - Sinai top tier
 - Private office, you will meet all three attendings during the course of your pregnancy. They rotate coverage for L&D between the 3 of them.
 - Ultrasounds can be done at Carnegie Women's Imaging or Mount Sinai MFM

****Note on ultrasounds, if you have Sinai top tier insurance (the base one for house staff) Mount Sinai MFM will have no co-pay, Carnegie Women's Imaging will have a small fee (charged after) as it is in network but not top tier. Carnegie Women's you can call the billing office on the bill they send you, tell them you are a Sinai employee, and they waive the fee (from my experience)..**

**A quick note on prenatal testing: your OB will likely offer Natera and Panorama prenatal screening. These are very expensive fetal DNA screening tests for chromosomal abnormalities and sex. They will also offer you genetic testing. Sinai insurance covers it all - sort of. Depends on which insurance plan you have, medical history etc. For some it wasn't covered at all, however for Natera Panorama testing, if you call the company after it is denied to the insurance company they change the charge from several thousands to ~200 dollars. So do it. Its free/minimal charge piece of mind.

What if I'm still in the planning stages and need some help?

Sometimes, it's not that easy to get pregnant. Being a little on the older side, frequent changes in circadian rhythm, and high cortisol levels associated with our jobs probably don't help. If you have tried for a year with no success or if you suspect something is wrong, our insurance covers visits at Mount Sinai affiliated Reproductive Medical Associates (RMA). Mount Sinai Empire BCBS insurance fully covers unlimited IUI (which is a timed insemination usually during a monitored medicated ovulation cycle). If you require IVF, Sinai insurance will cover up to \$10,000 (as of 2017), which translates to approximately one IVF cycle with RMA. Making the monitoring sessions at RMA (from 7-830am) can be tricky, but requesting to be on a string of nights during your potential monitoring days can relieve some of the uncertainty. If you need help with your schedule, you can always talk to program leadership.

Reproductive Medical Associates

- Reproductive endocrinologists affiliated with Sinai, Top Tier
- Telephone: (212) 756-5777
- 635 Madison Avenue, 10th floor, and 59th Street New York, New York 10022
- Offers full spectrum of assisted reproduction. The "monitoring" (blood work and ultrasounds) is in the morning from 7-8:30am daily.

What if there's more than one in there?

So you're ready to have a baby? Surprise, there's more than one in there! Multiples are a blessing but can also be anxiety provoking. If you're having twins, you will likely need more frequent monitoring during pregnancy (i.e. Q2 week ultrasounds from week 16 onwards). Luckily, with the EM schedule, you'll probably have days off that will enable you to make these appointments. If you need help, talk to program leadership. Just remember to listen to your body and listen to your doctors!

What should I buy?...

We may be getting ahead of ourselves here, but what woman doesn't love to shop?? These are the websites we perused the most.

Websites/Blogs with info on baby gear

- <https://www.lucieslist.com/>
- www.pishposhbaby.com
- www.weeSpring.com
- www.babybargains.com
- www.babycheapskate.com

Books: Baby Bargains (old school to use an actual book but really really helpful and well worth the 11-12 bucks spent, with thorough independent reviews and recommendations for all budget levels (from cheapest but still good to top tier)

Registries: Obviously all the big companies do them. Keep in mind there are differences in completion discounts, offerings, etc. Another one is babylist.com - allows you to add items from any website, which is helpful when shopping around (though their completion discount only applies to items sold through their website).

Let's talk birthing classes

- **Mount Sinai**
 - <http://www.mountsinai.org/patient-care/service-areas/obgyn-and-reproductive-services/areas-of-care/pregnancy-and-birth/childbirth-preparation>
 - This is the official link for giving birth at Sinai. It also has the "Pre-Admission" form which registers you with your insurance before you go in for D-day. Your OB should give it to you but just in case.
 - <https://apps.mountsinai.org/mchregister/courseSchedule/listedCourses>
 - \$200-500 depending on how long/in depth you want to get. At the end you tour Sinai OB. ~\$75 for different courses like CPR, expectant dad and breastfeeding
 - There is an [online course](#) (how 21st century) for \$200 total.
- Or.... since you know the stages of labor and resident salary doesn't like dropping \$\$... some youtube videos

- **Relaxation techniques during labor**
 - Midwives demonstrating relaxation techniques [here](#)
 - Labor breathing and relaxation [here](#)
- **Breastfeeding**
 - [Video on a good latch by Ameda \(animated, not a live person\)](#)
 - [Demonstration of latch with a live lady](#)

Let's get pumped!

Breast Pump (covered by insurance): If you aren't sure where to get it from, call the insurance company and they will give you a list of websites/companies work with. Below are some.

- **Edgepark**
 - 1-888-394-5375
 - Call to give your insurance, or use the following [link](#)
 - You will give your insurance, and provider name (OB) and address
 - You don't have to ask for a prescription, Edge Park will call them
 - Pick your pump (Medela highly recommended)
- **Yummy Mummy**
 - 212-879-8669
 - www.yummymummystore.com or call to place order
 - You will give your insurance, and provider name (OB) and address
 - You don't have to ask for a prescription, Yummy mummy will take care of it
 - Pick your pump (Hygeia Enjoyee highly recommended) and then it ships for free
- **Babies R' Us: McKesson Patient Care Solutions**
 - 1-855-567-8669
 - Call to give your insurance information
 - After the initial call all correspondence (even ordering) can be done via email.

- Ask your doctor for a prescription (relatively painless) then you can have it faxed or email yourself.
- Pick your pump and it ships for free.
- Pumps covered by Insurance (as of 5/10/17):
 - Breast Pump Basic Options
 - [Medela Pump In Style Advanced Breastpump Starter Set](#)
 - [Ameda Purely Yours Dual Electric Personal Double Pump](#)
 - Spectra Baby USA S2 PLUS Breast Pump
 - Breast Pump Upgrade Options
 - [Medela Pump In Style Advanced Breastpump Tote or Backpack](#) (\$95 upgrade charge– may be paid with HSA/FSA card)
 - [Medela Freestyle Breastpump](#) (\$195 upgrade charge– may be paid with HSA/FSA card)

Planning for baby... Child Care/Daycare

- **“Mount Sinai” daycare: Mt. Sinai Kids Imaging Learning**
 - <http://www.imagineelc.com/our-centers/mt-sinai>
 - 60 East 97th St, New York, NY 10029
 - Phone: 212-410-2077
 - Open 7a - 6p
 - Full and part time
 - Rates for Sinai Employees using full time: \$1795 - 2000
 - **There is a significantly long waiting list, you should put your name on the list as soon as you possibly can if this is your plan**

Baby is here!!

You've given birth!! Now you need a baby doc, and baby insurance...

Pediatricians

- **Meredith Grossman**
 - General Pediatrician, Mount Sinai FPA
 - 5 East 98th Street, 10th Floor, New York, NY 10029
 - Phone: 212-241-4242
 - M/Tu/Fr 9:30 - 1, Th 1-5
 - Per receptionist: You can ask for a "prenatal" visit in order to get to know this doctor. If you want to use this doctor, while in the hospital state you would like her to round on your baby.
- **Michelle Klein**
 - General pediatrician and endocrinologist, Mount Sinai FPA
 - 1245 Park Avenue, New York, NY 10128
 - Phone: 212-427-0540
 - http://www.uptownpediatrics.com/new_patient.html
- **Pran Saha**
 - General Pediatrician, West Care Pediatrics
 - 2 West 86th Street, #3B (first floor), 10024
 - Phone: 212-787-1788
 - Has late hours until 6:30-7 on some days

Health Insurance for baby

This must be performed after the baby is born. You have 30 days from the date of birth to submit for health insurance coverage.

1. Go to <https://mybenefits.adp.com/public/login/>
2. "Declare life event"
3. Submit birth certificate
4. DO NOT MISS THE 30 DAY MARK!! OR YOU WILL PAY OUT OF POCKET.

My milkshake brings all the babies to the yard....

Breast feeding locations

- **Mount Sinai**
 - Hallway by the Pharmacy/SJC, Room 234
 - Code to room is **241**
 - There are 3 pumping stations with privacy curtains
 - Closed 10-10:30, 2-2:30 for cleaning
- **Elmhurst**
 - Working on it, for now speak directly to Arlene Chung, she will let you use her office she shares with our other APD Colleen. You will be able to pump in her office on shift. This means you will need to bring your own pump. However there is a fridge in the office for you to store milk.
 - If you happen to be off-service when you return from maternity leave, (i.e MICU, CCU, Ortho, medicine, etc) you will need to use the medicine lactation room on the 8th floor. -- details to follow.

Dude!!.. You're having a baby!

A very special addition from our own Dr. Peter England:

Gents, I'm sure you are aware that your life is going to change drastically but maybe in ways you don't expect.

- **Pregnancy**
 - Your significant other will change a lot during her pregnancy, she will have mood swings, cravings, get depressed about her body, be scared about the delivery and nervous about being a mother, this is all completely normally.
 - Your role is to listen and be supportive and remind her that you will be with her through it all, that she will be an amazing mother, that you are nervous and scared about raising a baby too but that together you guys can make it happen.
 - Try to make it to as many appointments and ultrasounds as you can, it helps reinforce to your significant other that you are invested in the pregnancy and are a part of the process. It's also really cool to see your baby grow and become a person.

- Try reading to your significant other's pregnant belly as it gets bigger. The infant is supposed to be able to hear your voice and if you read rhythmic books (eg Dr. Seuss) there may be improved ability for your child to recognize your voice after delivery.
- All in all pregnancy is easy though, things don't get real until the baby shows up.
- **The Baby has Arrived:**
 - The following are small tips of advice that I didn't expect or found helped me.
 - You are going to be tired, accept it and move on. Don't complain, you aren't the only one, Mom is probably more tired and she doesn't want to hear it.
 - When the baby is still in the first few months it can be hard for the Father to feel like they are involved. Mom will have a lot of work with breastfeeding, so try and be an active participant where you can. I took charge of changing diapers, it may seem small but it helps.
 - It may seem obvious but hold your baby and spend time with them even though they may not be doing much. You will build a bond with your baby that makes the months ahead so much more rewarding.
 - You have been demoted: Your relationship with your significant other is going to be different, you will no longer be the most important thing in her eyes. She has never felt a bond or love for anything as much as she will for her child. This can be hard and there is no easy way to deal with it, try to accept it and know despite the change that she still loves you. She won't do this on purpose, so don't make her feel guilty, it is just a natural change that will happen.
 - Take 1 million pictures! Everything goes very fast when these little ones are around and they grow and change extremely quickly, try to capture as much as you can.
 - Lastly, just enjoy it! This is something you have helped create. They are a new person with their own life and future ahead of them. Good luck, you will figure it out.

What if things don't go right?

The big *M* word, it's your worst fear. You've had enough time to let it sink in and be happy that you're pregnant, only to have it end in a miscarriage. This is devastating.

- Depending on how many people know, this may be private or a very public event. You may have to tell people you are no longer pregnant when they start asking about the baby, or worse yet, you will need to care for very pregnant women shortly after losing your baby. Nothing will make you feel better (not even that pint of ice cream, or that glass of wine). What you need is *time*.
- Take a few days off to re-coup. Talk to Kaush, activate sick call, do whatever you need to do to take a few days for yourself. You've suffered the loss of your child, no matter how early in pregnancy you were. *Let yourself grieve*.
- You will cry a few times at work. It's a fact, it's ok. I found myself particularly emotional after my miscarriage and I had to deal with daily reminders that I was no longer pregnant. Find things that give you joy, even small things and remember to lean on your husband/wife for emotional support. You are in this together and really need each other to get through this difficult time.
- People will try to sympathize with you; "At least you can get pregnant", or "Oh miscarriages are so common I've had 2". They don't realize that this isn't helpful, but it comes from a good place.
- Don't become bitter. Easier said than done, but try to remain positive while grieving. It will help your outlook on life and help you maintain your sanity at work.
- If you feel you aren't getting better, or if you find yourself more irritable, depressed, or even having thoughts of hurting yourself, please reach out to residency leadership immediately. If you want to remain anonymous, visit the Wellness resources tab at on the Sinai EM website which has a link to mental health resources, or [click here](#). Remember that we are all your family, and if you are having a difficult time adjusting please be sure to let us know and take care of yourself first.