

IMPORTANT

If you are a pregnant patient, and you are having a problem, please call our Obstetrical Coordinator at one of the following numbers:

**Monday through Friday – 9am to 5pm
(732) 235-6143**

***Monday through Friday after 5pm,
Saturday, Sunday, or a Legal
Holiday
(732) 235-6600**

***The service will contact the on-call physician**

DEPARTMENT OF OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE SCIENCES

OBSTETRIC CARE PRACTICE POLICIES

- The general schedule of prenatal appointments is as follows, the provider may adjust the schedule based on your individual needs during your pregnancy:

8 – 28 weeks	Monthly
28 – 36 weeks	Every two to three weeks
36 weeks – Delivery	Weekly
- At the end of your visit, your provider will advise you to return to the office for your next visit in a certain amount of time. Get in the habit of making your next appointment at the end of your visit. **You will be responsible for scheduling all of your regular prenatal appointments.**
- Any special appointments with outside providers, such as ultrasounds and consultations, will be made for you by the OB Nurse Coordinator. **You will receive your appointment information in the mail.**
- We advise that you see the same provider for your first few visits. This will allow the doctor to obtain the majority of your labwork and establish a plan of care for the group to follow.
- It is important that you meet all the providers in our group at least once. Our physicians have a fixed schedule of hospital coverage. One of our physicians is in the hospital twenty-four hours a day, but you cannot predict which physician will be on-call when you arrive at the hospital. Your care will be provided by both male and female physicians.
- Our medical group only provides obstetrical care at Robert Wood Johnson University Hospital.
- Labwork is a very important part of your prenatal care. When a provider provides you with a slip to have blood drawn, it is **extremely important that you have the labwork done within 7 days.** However, you will only be notified by phone to discuss abnormal results. All normal labwork will be reviewed at your next prenatal visit.
- If you ever have any questions regarding your pregnancy or our practice, please contact the OB Nurse Coordinator at (732)235-6143.

**Rutgers Robert Wood Johnson Medical Group
Division of General Obstetrics and Gynecology**

Clinical Academic Building




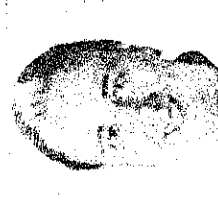

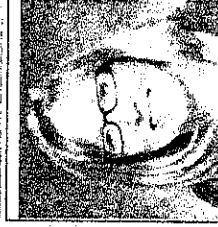

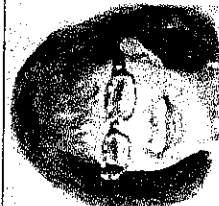


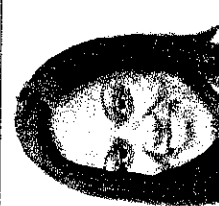

125 Paterson Street, Suite 4200

New Brunswick, NJ 08901

Telephone: (732) 235-6600

FAX: (732) 235-6650

Emergencies: (732) 235-6600

 <p>Charletta Ayers, MD, MPH Associate Professor Director, Division of General OB/GYN Director of Obstetrics at RWJUH Board Certified: OB/GYN</p>	 <p>Gary Ebert, MD Associate Professor Board Certified: OB/GYN</p>	 <p>Lena Merjanian, MD Assistant Professor Board Certified: OB/GYN</p>
 <p>Gloria A. Bachmann, MD Professor Interim Chair Board Certified: OB/GYN and Medicine</p>	 <p>Amanda Francis, DO, MPH Instructor Board Eligible</p>	 <p>Nancy Phillips, MD Clinical Associate Professor Board Certified: OB/GYN</p>
 <p>Adrian Balica, MD Associate Professor Board Certified: OB/GYN and Internal Medicine</p>	 <p>Linda Hipps, MD Assistant Professor Board Certified: OB/GYN</p>	 <p>Archana Pradhan, MD, MPH Associate Professor Board Certified: OB/GYN</p>
 <p>Francis Cioffi, MD Associate Professor Board Certified: OB/GYN</p>	 <p>Sona Jasani, MD Instructor Board Eligible</p>	 <p>Deanna Tikhonov, APN Women's Health Nurse Practitioner Board Certified</p>



One Robert Wood Johnson Place
P.O. Box 2601
New Brunswick, NJ 08901
www.rwjuh.edu

Dear Patient:

Thank you for choosing Robert Wood Johnson University Hospital for your healthcare needs.

To help expedite the registration process for you on the day of your Pre-Admission Testing/Admission, we ask that you pre-register by calling the Pre-registration Department at ~~(732) 937-8863~~ or on-line at www.rwjuh.edu and clicking on the Pre-Register link. **844-795-4968 ask for ARISSA**

If you come in for your Pre-Admission Testing/Admission, we request that you bring with you the following:

- All paperwork your physician has given to you.
- A valid picture ID and proof of address if your new address is not on your identification card.
- Insurance Cards.
- Any insurance forms or referral forms as required by your insurance provider. *If your insurance provider requires pre-certification for Pre-Admission Testing or your Admission, we encourage you to do that at this time to avoid any payment penalty.
- Your money for your co-pay when required. If you are unsure if anything is owed, please call the Pre-Registration Department at (732) 937-8863. These registration coordinators have access to your insurance information and can provide you with a breakdown of your insurance.
- Your social security number and the social security number of the person whose insurance you are covered under.
- Your Advanced Directive/Living Will (if you have executed one).
- The names and dosages of any medication you take.

We hope that this service enables us to better serve you. If we can be of any additional help to you before the day of your Pre-Admission Testing/Admission, please feel free to call us at (732) 937-8863.

Thank you in advance.

Very truly yours,

The Admissions and Registration Department
Robert Wood Johnson University Hospital

Do you have an ADVANCE DIRECTIVE? YES NO

RELIGIOUS PREFERENCE: _____ CONGREGATION: _____

LAST HOSPITAL DISCHARGE DATE: _____ HOSPITAL: _____

CLINICAL COMMENTS

ANY KNOWN ALLERGIES TO MEDICATIONS OR LATEX? YES NO

ACCIDENT YES NO IF YES, WAS IT CAR WORK

Location, Date and Time of Accident: _____

PRIMARY INSURANCE INFORMATION

PATIENT'S RELATIONSHIP TO INSURED _____

LAST NAME: _____ FIRST NAME: _____ MIDDLE INITIAL: _____

STREET: _____ HOME PHONE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

SEX: M _____ F _____ DATE OF BIRTH: _____ SS #: _____

OCCUPATION: _____ EMPLOYMENT STATUS: _____

EMPLOYER: _____ EMPLOYER ADDRESS: _____

INSURANCE COMPANY NAME: _____

INSURANCE ADDRESS AND PHONE: _____

SUSCRIBER #: _____ GROUP: _____ EFFECTIVE DATE: _____

SECONDARY INSURANCE INFORMATION

PATIENT'S RELATION TO INSURED _____

LAST NAME: _____ FIRST NAME: _____ MIDDLE INITIAL: _____

STREET: _____ HOME PHONE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

SEX: M _____ F _____ DATE OF BIRTH: _____ SS #: _____

OCCUPATION: _____ EMPLOYMENT STATUS: _____

EMPLOYER: _____ EMPLOYER ADDRESS: _____

INSURANCE COMPANY NAME: _____

INSURANCE ADDRESS AND PHONE: _____

SUSCRIBER #: _____ GROUP: _____ EFFECTIVE DATE: _____

DOES YOUR INSURANCE COMPANY HAVE ANY "PRE-CERTIFICATION" REQUIREMENTS? YES NO
IF YES, HAVE YOU MET THOSE REQUIREMENTS? YES NO

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL DOES NOT DISCRIMINATE BASED ON RACE, COLOR, RELIGION, OR NATURAL ORIGIN

DEPARTMENT OF OBSTETRICS, GYNECOLOGY AND REPRODUCTIVE SCIENCES

State of New Jersey Department of Health and Senior Services Notice of Availability of Supplemental Newborn Screening

New Jersey law mandates that every baby born in New Jersey be screened for 20 disorders that can cause serious health problems. These disorders may not be apparent at birth, but if left undetected and not treated early in life, can lead to problems that include mental retardation, disability, or even death.

The New Jersey Department of Health and Senior Services' Newborn Screening Program performs screening tests for these 20 disorders on all newborns within 48 hours after birth. The State laboratory uses an advanced technology, called tandem mass spectrometry (MS/MS), to test for these disorders. This technology may detect the presence of additional disorders for which screening is not mandated. If the State laboratory detects the presence of any disorder, the State will notify your healthcare provider.

New Jersey law requires healthcare providers to provide this pamphlet to expectant parents and guardians to advise you of the following. Supplemental newborn screening is available for other disorders in addition to the 20 disorders for which State law mandates screening. The State does not perform supplemental newborn screening. Supplemental newborn screening is optional. Your healthcare provider may recommend that supplemental newborn screening be performed. The cost for supplemental newborn screening is an out-of-pocket expense. The screening tests that private laboratories perform may repeat the tests for some or all of the 20 disorders for which the State already conducts screening.

If you decide to have supplemental newborn screening performed:

- Preferably several months in advance of your delivery date, you will need to purchase a supplemental screening test kit from a laboratory authorized by the US Food and Drug Administration (FDA).
- You will have to read and follow the instructions provided with the test kit, and tell your healthcare provider that you want supplemental screening.
- Typically, your healthcare provider will have to sign an order for the test, and the private laboratory will send the results to your healthcare provider.
- The State Newborn Screening Program will not receive the supplemental screening test results.

DEPARTMENT OF OBSTETRICS, GYNECOLOGY AND REPRODUCTIVE SCIENCES

Reference in this notice to any specific commercial service, company, or organization does not constitute an endorsement or recommendation by the New Jersey Department of Health and Senior Services. The Department is not responsible for the content of any web page for which a link is provided below. If you have any questions, please contact your healthcare provider. Staff of the Department's Newborn Screen Follow-up Program and the Inborn Errors of Metabolism Laboratory, for whom contact information is given below, can provide you with information but cannot give medical advice and cannot advise as to whether to have supplemental newborn screening performed. This information is subject to change.

Information Websites

Gene Clinics: www.geneclinics.org
GeNeS-R-Us: www.genes-r-us.uthscsa.edu
March of Dimes: www.modimes.org
Save Babies: www.savebabies.org

FDA Laboratory Information

www/fda.gov/cdrh/clia
E-Mail: clia@cdrh.fda.gov
Phone: (301) 827-0496
Fax: (301) 827-1401

Newborn Screening Follow-up Program

Mary Mickles, MS, RD
E-Mail: Mary.Mickles@doh.state.nj.us
Phone: (609) 292-1582

Inborn Errors of Metabolism Laboratory

Allen Bergum, Program Chief
E-Mail: Allen.Bergum@doh.state.nj.us
Phone: (609) 292-4811

Pregnancy is a time when women are very careful about what medications and food they take. The following medications are a list of common medicines that are safe to take at any time during your pregnancy

For Heartburn:

Elevate Head with pillow

Do not lie down immediately after eating

Do not eat after 6pm; avoid spicy, acidic or fried foods or food/drinks with caffeine

May take Tums, Maalox, Mylanta, Zantac or Prilosec

DO NOT TAKE ROLAIDS or ALKASELTZER

For Nausea:

Try eating small frequent meals

Avoid fatty/spicy foods

Eat ginger cookies, drink flat ginger ale

Vitamin B6 25 mg every 8 hrs

Benadryl or Unisom at bedtime

For Constipation:

Drink at least 8- (8oz) glasses of water each day

Increase fiber by eating whole grain foods, fresh fruits and vegetables

Small cup of warm prune juice

Fibercon, Miralax or Colace (take as directed on bottle) It may take up to one week before you have results from stool softeners

Senokot, Metamucil, milk of magnesia, Fleets enema. If constipation is not relieved by stool softeners or any of these medications, contact the office

Claritin or Zyrtec

Plain Mucinex

Vicks Vapor Rub

Halls Cough drops

PEDIATRICIANS

Robert Wood Johnson Medical Group -- Pediatrics
1 Worlds Fair Drive
Somerset, New Jersey 08873
(732) 743-5437

Family Medicine at Monument Square
317 George Street
New Brunswick, New Jersey 08901
(732) 235-8993

Robert Biener, M.D.
Stephen Reingold, M.D.
Sheba Guo, M.D.
85 Raritan Avenue, Suite 410
Highland Park, New Jersey 08904
(732) 246-0202

Mid Jersey Pediatrics
(Previously East Brunswick Pediatric Associates)
33 Brunswick Woods Drive
East Brunswick, New Jersey 08816
(732) 257-4330

Mansu Misra, M.D.
1553 Highway 27, Suite 2500
Somerset, New Jersey 08873
(732) 296-9717

Sushma Kaki, M.D.
Thomas Genco, M.D.
395 Ridge Road - Suite 6
Dayton, New Jersey 08810
(732) 274-2727

Glenn Fortin, M.D.
Larry Tiefenbrunn, M.D.
Michelle Tuck, M.D.
281 Summerhill Road
East Brunswick, New Jersey 08816
(732) 390-8400

North Brunswick Pediatric Group
#1598 Route 130
North Brunswick, New Jersey 08902
(732) 297-0603

Hunterdon Pediatric Associates
Flemington Office (908)782-6700
Clinton Office (908)638-5595
Reading Ridge Center (908)788-6070
Whitehouse Office (908)823-1100

Elizabeth Esterov, M.D.
2206 Route 130
North Brunswick, N.J. 08902
(732) 422-1420

Dina Hanna, M.D.
1950 Route 27, Suite HH
North Brunswick, N.J. 08902
(732) 940-5511