

From Pregnancy to Delivery and Beyond....

Your decision to welcome the new addition to your family at Mountainside affords access to:

- Birthing rooms and caesarean/surgical suites
- Fetal monitoring via telemetry for mobility in early stages of labor
- Private post-delivery hospital rooms and baths
- Neonatologist and OB anesthesiologist onsite around the clock
- Perinatal specialists
- Certified nurse lactation consultants
- Nurses board certified in neonatal resuscitation and obstetrical/neonatal nursing
- Comprehensive pre-delivery and post-delivery support services for the entire family

Location and Hours of Service

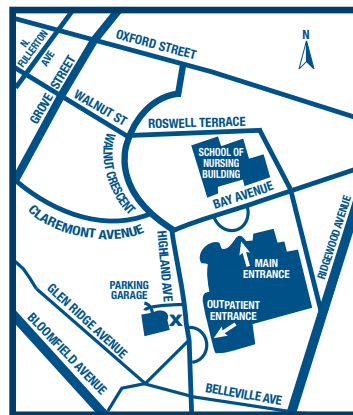
The Perinatology Center is located on the 3rd Floor of Mountainside Hospital a short distance from the Obstetrical Unit.

Monday – Saturday, **8 a.m. to 4 p.m.**

Phone: **(973) 873-7787**

Fax Number: **(973) 680-7946**

Call for an appointment.



X is free parking

At Mountainside Hospital, world-class physicians treat a wide range of medical conditions using cutting-edge technologies. Patients have immediate access to innovative and effective treatment alternatives at specialized centers within the hospital that focus on women's health, cancer care, cardiac care, bariatric surgery, stroke, outpatient diagnostics, dialysis, and other needs. The 365-bed private hospital delivers personalized care while also functioning as a learning center via its nursing school and residency programs in family medicine, internal medicine and dentistry.

Visit www.mountainsidenow.com.

MOUNTAINSIDE
HOSPITAL

1 Bay Ave. Montclair NJ 07042



Perinatal Care at Mountainside Hospital

Maternal-Fetal Medicine for At-Risk Pregnancies

As a community hospital dedicated to serving the needs of families, Mountainside provides the finest quality, comprehensive care for expectant mothers and their unborn children. For pregnancies deemed "high-risk" for the mother and/or unborn child, Mountainside offers specialized perinatal care.



Candidates for Maternal-Fetal Medicine

Expectant mothers, as well as women with certain conditions who are preparing for pregnancy, may be referred for specialized perinatal care (Maternal-Fetal Medicine). There are many, varied circumstances that can signal the need for perinatal consultation. They range from underlying, pre-existing medical concerns to atypical events and complications that occur during pregnancy, including:

Medical conditions:

- Heart disease
- High blood pressure
- Preeclampsia (toxemia)
- Diabetes and other endocrine disorders
- Kidney or gastrointestinal disease
- Infectious diseases

Prior pregnancy history:

- Recurrent pre-term labor and delivery
- History of miscarriages or stillbirth
- Past fetal abnormalities

Recognized risk factors:

- Multiple birth (twins, triplets or more)
- Premature rupture of membranes
- Signs of fetal growth restriction (underweight fetus)
- Smoking, alcohol or illicit drug use

Coordinated Physician Care

An estimated 30% of American women experience some type of complication during pregnancy. The OB/GYNs who practice at Mountainside Hospital are well-qualified based upon their training and experience to manage complicated pregnancies and they have state-of-the-art diagnostic and treatment tools at their disposal. However, they can elect to manage select “at-risk” cases in consultation or collaboration with a perinatologist, also known as a Maternal-Fetal Medicine subspecialist. Maternal-Fetal Medicine subspecialists sometimes work directly with family physicians and nurse-midwives as well.

Maternal-Fetal Medicine (MFM) subspecialists have successfully completed two to three-year fellowships in that field, in addition to four-year residencies in Obstetrics and Gynecology. MFM fellows receive advanced education and intensive, practical clinical experience in the obstetrical, medical and surgical complications of pregnancy.



The Antenatal Testing Unit

Mountainside's recently renovated Antenatal (during pregnancy) Testing Unit (ATU) features the most innovative tools available for diagnosing, monitoring and treating “at-risk” pregnancies including real-time, 4D ultrasound capabilities. The ATU is staffed by experienced, specially trained professionals who are sensitive to the physical needs and emotional stresses of their patients.

Perinatal Services Available at Mountainside

- First trimester early screens
- Amniocentesis
- Level I and II ultrasounds
- Non-stress testing
- Genetic counseling
- Biophysical profiles
- Doppler studies
- Perinatology (Maternal-Fetal Medicine) physician care or consultation

The Mountainside Perinatal Team

- Perinatologist (Maternal-Fetal Medicine subspecialist)
- Antenatal Testing Unit Manager
- Ultrasonographers
- Genetic Counselors
- Administrative and Support Staff

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