

# Maternity care during the Coronavirus outbreak

A large white swirl graphic on the left side of the purple banner.

Information for patients



Leeds  
Maternity Care

This leaflet provides you with information regarding your maternity care during the Coronavirus outbreak.

*For general and regularly updated information we recommend you visit:* <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

It is expected that the majority of women who are exposed to the Coronavirus will experience only mild or moderate flu like symptoms.

New evidence suggests that individuals of black and minority ethnic (BAME) background may be at higher risk of developing complications of Coronavirus. This may apply to pregnant women. We therefore advise pregnant women of BAME background to seek help early if they are concerned they may have symptoms of Coronavirus.

**Stay at home if you have symptoms of Coronavirus and follow guidance available at:**

**<https://111.nhs.uk/covid-19>**

**Only call 119 if you are not able to access the advice on-line**

We understand that you will be worried about what Coronavirus means for you and your baby and we are doing all we can to keep you safe.

## **Please follow the Government advice**

- Follow strict social distancing measures by making sure you stay 2 metres away from other people

- Make sure you wash your hands regularly for at least 20 seconds throughout the day.
- Make sure your employer is aware you are pregnant to enable an individual risk assessment to be completed.

## Community Midwifery Appointments

Booking appointments will be undertaken over the telephone. Your community midwife will arrange a long telephone conversation with you and will take lots of information and provide advice and guidance. She will also discuss screening tests for you and your baby, and ask for your consent for the ones you choose.

You will then be invited to attend a booking clinic where you will only have your blood pressure taken; a urine sample collected; you will be weighed and have any blood taken for any screening tests that you have requested. You will be asked about Coronavirus symptoms as you arrive. Please attend alone unless you need support from a carer/relative (for example, if you have a disability and need support).

**If you have symptoms of coronavirus please  
DO NOT ATTEND any appointment.**

**Your 16 week and 25 week** appointments will also take place over the telephone

**From 28 weeks** onwards your appointments will be face to face. The venue of your appointment may need to change. You will be contacted by our team before your appointment either by phone call or text message.

You will be asked if you or any members of your family have any symptoms of Coronavirus. If you do, you will be advised to stay at home for a period of time and your midwife will give you further guidance. You will only be tested for coronavirus if you have symptoms of Coronavirus or you are admitted to hospital.

When you attend your appointment please come alone, at the allotted time. Partners and family members will not be allowed to enter the building unless you need support from a carer/relative (for example, if you have a disability and need support).

## Hospital Appointments

If you are having shared care with an Obstetrician at the hospital you may need to attend your appointment - or you may receive a phone call from the Obstetrician.

If you are asked to attend the hospital antenatal clinic you will be asked about Coronavirus symptoms as you arrive. Please attend alone unless you need support from a carer/relative (for example, if you have a disability and need support).

**If you have symptoms of Coronavirus please  
DO NOT ATTEND any appointment.**

## Scans

If you have a scan appointment, please attend at the allotted time. You will be asked about Coronavirus symptoms as you arrive.

If you have symptoms, your scan may be postponed and you may be asked to go home immediately and will receive a telephone call from a doctor.

You can be accompanied by a supportive adult at early pregnancy scans, dating scans, 20 week scans, fetal medicine scans, growth scans and placental location scans. If you are attending for any other scan we kindly ask you to attend alone.

**If you have symptoms of Coronavirus please  
DO NOT ATTEND any appointment.**

## Urgent care

If your baby's pattern of movements changes or reduces in number, please call and speak to a Midwife promptly:

**LGI on 0113 392 6731 or St James's on 0113 206 5781**

If you are advised to attend the Antenatal Day Care Unit or Maternity Assessment Centre, please attend **alone** unless you need support from a carer/relative (for example, if you have a disability and need support) at the allotted time. You will be asked about Coronavirus symptoms as you arrive. If you are admitted to hospital, or likely to be admitted to hospital within 48 hours, with your consent we will obtain a throat and nose swab to test for Coronavirus.

## Antenatal classes

Following Government advice, we have suspended all group sessions and will not be providing any Delivery Suite tours however follow this link for a virtual tour [www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/virtual-tour-of-facilities/](http://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/virtual-tour-of-facilities/)

We are currently not able to accommodate visitors providing external services, such as Bounty or routine stem cell collection, in the hospital.

## Care in labour

In labour, when you are ready to come to hospital, please call in advance. The midwife will ask you about your labour and some additional questions about your wellbeing and that of your family.

We will do everything we can to respect your birth choices. **We have to limit you to one birth partner who is free from Coronavirus symptoms and has not had a positive Coronavirus test result in the last seven days.** Your birth partner will stay with you throughout your labour and delivery unless on the rare occasion you need to have a general anaesthetic. To ensure the safety of all our pregnant women, birth partners and staff it is important your birth partner wears a face covering and remains in your delivery room throughout your stay.

If you test positive for Coronavirus your household will be required to isolate for 14 days.

You will be asked about Coronavirus symptoms as you arrive. In some circumstances our team are wearing additional protective clothing including face masks.

If you have symptoms of or confirmed Coronavirus you will be cared for in isolation with a team who have additional protective clothing - including face protection and eye wear. In an emergency this may cause a delay, staff are practising putting this equipment on at speed to reduce the impact of this on you and your baby.

## Induction of labour

If you are booked to come into hospital for induction of labour you will be asked to call at a designated date/time in advance.

The midwife will ask you about your labour and some additional questions about your wellbeing and that of your family. Your birth partner will not be able to accompany you, but will be able to join you when you are transferred to the Delivery Suite.

## Planned caesarean sections

If you are booked to come into hospital for a planned caesarean section we are now recommending a period of isolation. We will arrange a coronavirus swab test before your planned admission. This is to confirm that you are not suffering from coronavirus. The test for coronavirus is a simple swab from your nose and throat. It is very important you attend the appointment on the date you are given as there may be a delay in the surgery if the swab has not been obtained in a timely manner.

We have to limit you to one birth partner who is not symptomatic of coronavirus and has not had a positive coronavirus test result in the last seven days. If you have symptoms of, or are confirmed to have Coronavirus the date or time of your planned caesarean section may be altered.

## Birth at home

If you have chosen to birth at home we would like to support your choice, as long as you do not have symptoms of Coronavirus.

**However, you may be asked to birth in hospital if midwives are not available to attend you at home. You also need to be aware that if you need to be transferred to hospital by ambulance there may be a delay if an ambulance is not immediately available.**

Women who have symptoms of the Coronavirus are recommended to birth in an Obstetric Unit, where additional monitoring of maternal and baby wellbeing can be facilitated.

## After your baby is born

Once your baby is born and as long as you and your baby are well, we will encourage you, with support, to go home as soon as possible. Your care will be personalised to your needs and those of your baby. Baby screening tests will be arranged by your midwife. If you have symptoms of, or confirmed Coronavirus, you will be cared for in isolation with your baby, and the team will wear additional protective clothing. You will be encouraged and supported to breastfeed.

Should you need to stay in hospital, your partner will not be able to stay with you or visit you on the postnatal ward.

## Registering the birth of your baby

*You must make an appointment to register the birth of your baby, please find more information available at:*

**[www.leeds.gov.uk/residents/births-deaths-and-marriages](http://www.leeds.gov.uk/residents/births-deaths-and-marriages)**

## Leeds Teaching Hospital E-midwife Facebook page

**Link: [www.facebook.com/LeedsEMidwife](https://www.facebook.com/LeedsEMidwife)**

The aim of this page is to provide information for women and their families in the Leeds area about maternity services during the COVID-19 (Coronavirus) pandemic. We will share news, updates and health advice to promote and protect the health of you, your pregnancy and your baby.