

# Guidance when attending Maternity Services during the Coronavirus Pandemic

Information for women and  
their birth partners



# This booklet tells you what you need to do to keep yourself safe, and protect other patients and our staff from coronavirus.

It is very important that you read this information and any appointment letters carefully. Letters may contain specific instructions for you to follow before attending your appointment with us.

If you or anyone in your household develops symptoms that might be related to coronavirus, **please do not come into hospital unannounced**. Please contact NHS 119 or your GP who will advise you further.

## Travelling from home

There are some important steps that you and your birth partner can take to protect yourself and others from the spread of coronavirus when travelling to and from your appointment and during your time in our hospitals:

- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Maintain two metres distance from people who are not part of your household.
- Always carry tissues with you and use them to catch a cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Avoid touching your eyes, nose and mouth with unwashed hands.

We thank you in advance for helping yourself, our patients and our staff to stay safe. If you have any questions please contact us using the telephone number on your appointment letter. You can also find more advice on our website at:

[www.leedsth.nhs.uk](http://www.leedsth.nhs.uk)

## At our hospitals

To maintain the safety of our patients and staff it is very important that the number of people on our hospital sites and in our departments at any one time is very low.

Social distancing must be maintained by patients, visitors, and staff at all times. Sometimes this is difficult to achieve. There are some actions you can take to help.

- Please keep to the left when walking along our corridors
- Please walk in single file if you are able
- Please comply with social distancing signs and floor markings



- Please follow one way routes when directed to do so by staff

## Face coverings

**Anyone attending the hospital must wear face coverings. These will be provided by our wards and departments.**

Face coverings do not replace the need to follow social distancing rules but may prevent you passing on coronavirus before you have symptoms.

Wash your hands or use hand sanitiser before putting it on and after taking it off. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.

Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched.

## Attending for scans and hospital appointments, including attending our Maternity Assessment Centre and Antenatal Day Assessment Unit

Please do not come early for your appointment. Try to attend no more than 10 minutes before your expected appointment. If you arrive earlier than this you may be asked to return nearer to your appointment time. If you arrive late your appointment may need to be rebooked for another date. This is to stop too many people being in the department at one time and help minimise risk.

We are pleased to announce that one supportive adult is able to accompany you for early pregnancy scans, cervical length scans, dating scans, 20 week scans, growth scans, fetal medicine unit scans and placental location scans and presentation scans.

To ensure social distancing is maintained within our scanning rooms your supportive adult may not be able to view the scan screen. This is to ensure the safety of you, your family and our staff. Rude or aggressive language towards our staff will not be tolerated.

Everyone attending our departments are able to be accompanied by a supportive adult (usually your nominated birth partner) who can provide evidence of a negative lateral flow test taken within 24 hours of attendance.

We ask that your supportive adult is not symptomatic of Coronavirus, not had a positive test within the last 10 days and not in a period of self-isolation.

Supportive adults must wear face coverings whilst in our hospitals. Face shields will be provided for anyone exempt from wearing a face covering.

Your supportive adult must provide evidence of a negative lateral flow test taken within 24 hours of attendance. Lateral flow tests can be collected from most community pharmacies or ordered from:

**<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>**.

Evidence of a results are provided via a text message or email when results are uploaded to:

**<https://www.gov.uk/report-covid19-result>**

Test and Trace continues within Leeds Teaching Hospitals. We will be asking all supportive adults for test and trace information when attending our wards. In the event of an unintentional contact all pregnant people and supportive adults in close proximity to a individual who subsequently tests positive for Covid-19 will be required to isolate.

## Visiting on the antenatal and postnatal wards

We are now operating relaxed visiting for your nominated birth partner on our antenatal and postnatal wards. Your nominated birth partner can attend the wards between 8am and 8pm. You will be asked about coronavirus symptoms as you arrive.

### Your birth partner is able to attend the ward as long as:

1. They do not have symptoms of Coronavirus or are in a period of self-isolation or have tested positive within the last 10 days
2. They must wear a face covering for the duration of their stay, this will be provided by the ward
3. They must provide evidence of a negative lateral flow test taken within 24 hours of attendance. Lateral flow tests can be collected from most community pharmacies or ordered from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>. Evidence of a results are provided via a text message or email when results are uploaded to: <https://www.gov.uk/report-covid19-result>

To ensure the safety of you, your family and our staff, any birth partner not complying with this guidance will be asked to leave.

## Visiting for birth partners on Delivery Suite

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 10 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 10 days.

### For more information:

**Please discuss with your Community Midwife or visit our Leeds Teaching Hospital E-Midwife Page:**  
<https://www.facebook.com/LeedsEMidwife/>



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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