

# Guidance when attending maternity services out-patient department

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 social distancing 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:

<https://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/>

## 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 DO NOT CROSS THIS LINE KEEP A SAFE DISTANCE ↑↑↑**



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

## Face coverings

Anyone attending the hospital **must** wear face coverings as soon as they enter. Once you are within our department you will be provided with a surgical face mask to replace the one you are wearing. This is to ensure that everyone is wearing the same standard of face mask, as we are now seeing larger numbers of people with our departments this will help to reduce the risk of transmission.

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.



## What did you think of your care?

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

*Your views matter*



© The Leeds Teaching Hospitals NHS Trust • 1st edition (Ver 1)  
Developed by: Laura Walton, Lead Midwife Maternity Strategy  
Produced by: Medical Illustration Services • MID code: 20211015\_001/BP

LN005134  
Publication date  
12/2021  
Review date  
12/2023