

UPDATED 06/04/20 V3

This leaflet aims to provide you with further information about your pregnancy care at ULHT during the Coronavirus outbreak.

Our priorities are to provide you with safe, kind care and to reduce the risks of you and your family contracting COVID 19.

For general information about the Coronavirus and pregnancy please visit;

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

It is expected the large majority of pregnant women will experience only mild or moderate cold/flu symptoms.

Stay at home if you have a high temperature or new continuous cough and use the NHS 111 online service for further information and advice;

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

Only call 111 if you cannot access the online service.

## How will my care at ULHT Hospitals change?

We will make every effort to ensure that your pregnancy care is safe and in line with national guidance. However, we have had to change the way we deliver some care because;

- Pregnant women have been identified as a group more at risk of coronavirus. In view of this we want to reduce the chance of you being exposed to the virus when receiving care from us.
- Changes to staffing levels and demand for services in the hospital.

## Community Midwife Appointments

Your appointments should still take place. You will be contacted by your midwife prior to your appointment by phone and asked a series of questions. Following this phone call a plan will be made for you to be seen at clinic, at home or have a telephone consultation. Please attend your appointment alone. The same applies to postnatal contacts, after you have had your baby.

If you are self-isolating due to you or a family member having symptoms of Coronavirus (cough or high temperature) then do not attend your appointment. If safe to do so, your appointment will be delayed until after your period of isolation ends.

## Your Routine Antenatal Care

### **Midwife Booking Appointment.**

Please contact your local Community Midwife/GP practice and arrange your initial booking appointment. This is currently being completed by telephone and you will be contacted by the midwife to arrange.

### **12 weeks ultrasound scan**

An appointment will be arranged and sent to you after your initial booking appointment. At this appointment you will have your height, weight and BMI calculated and offered screening blood tests, if they haven't already been taken.

### **Midwife 16 week antenatal appointment**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns. You will be given the results of your blood tests, if you haven't already got them.

### **20 week ultrasound scan**

An appointment will be arranged for you after your 12 week scan.

### **Midwife 25 weeks antenatal appointment (1<sup>st</sup> baby only)**

You will be contacted by your midwife by telephone at a time arranged to discuss your pregnancy and any concerns.

### **Midwife 28 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns and have recommended blood tests.

### **Midwife 32 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss pregnancy and any concerns.

### **Midwife 36 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss your pregnancy and any concerns and to support you to think about your birth preferences.

### **Midwife 38 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss pregnancy and any concerns.

### **Midwife 40/41 week antenatal appointment**

You will have a face to face appointment with your midwife to discuss pregnancy and any concerns.

## **Hospital Antenatal Clinic Appointments**

Your appointments should still take place. You will be contacted by a midwife, by phone and asked a series of questions. You may have a telephone consultation. This is to reduce the number of people in the waiting areas, therefore reducing the exposure to the virus. Please make sure we have the correct phone number. If you receive a call from an unknown number please answer as it may be a midwife or Dr calling you.

## Attending for scans or other tests

Your appointments should still take place. You will be contacted by a midwife, prior to the appointment, by phone and asked a series of questions. Please also attend your appointment alone.

## Urgent Care

Please do not delay seeking advice if you have any concerns about your baby's movements, are unwell, or have any pain or bleeding. Let us know when you call if you are self-isolating or have symptoms of fever or cough.

## Care in labour

We will aim to adhere to your birth preferences. However;

- We respectfully ask - please only bring one birth partner, who is fit and well. This partner can stay with you while you are in established labour, on both of our labour wards. However, this partner must remain on the ward at all times and is unable to come and go.
- Induction of Labour – you will be admitted to the Maternity wards and when your labour is established or you need your partner to be present – the midwives will invite them in to support you.
- Once you have had your baby, and if you don't go home directly from the Labour Ward, unfortunately your partner will not be able to stay, or visit the Maternity Ward. You are welcome to use Facetime, Skype and other ways to keep in contact. This difficult decision is to protect women, babies and staff. If there are concerns with this rule – please speak to the Maternity Ward Sister.
- Due to storage and need to keep the wards exceptionally clean please just bring 1 small bag.
- If you have suspected or confirmed Coronavirus, staff providing care will need to move you to isolation area and wear protective equipment before giving care. In an emergency this may cause a short delay. Staffs are practiced at putting on this equipment at speed to reduce the impact of this on you and your baby.
- There are no restaurant/vending machine facilities available for birth partners – please come prepared. We will continue to provide food and refreshments to women, as normal.

## Home Birth Service

It is with regret on the basis of safety for women, babies and our staff we can no longer offer a Home Birth Service. We will aim to have a Home Birth Service reinstated as soon as we can.

## Induction of labour or planned Caesarean birth.

Due to the increased demands on our service at this time, there is a high chance that we might need to move planned births to a different day at short notice. This may include;

- Attending on a different day to originally planned
- Giving birth at either Pilgrim Hospital or Lincoln County Hospital.

Thank you for our understanding and patience. [Contact Telephone Numbers;](#)

[Pilgrim Hospital Labour Ward – 01205 445424](#)

[Pilgrim Hospital Antenatal Assessment Centre – 01204 445144](#)

[Lincoln Hospital Labour Ward – 01522 573317](#)

[Lincoln Hospital Antenatal Assessment Centre – 01522 573138](#)



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