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

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.

We understand that you will be worried about the impact of Coronavirus on your pregnancy and baby. We are doing our best in a challenging situation to keep you safe.

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, by phone and asked a series of questions and then be notified whether you will have a home visit or be seen at clinic, 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.

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, 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 in 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.
* 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 practicing putting on this equipment at speed to reduce the impact of this on you and your baby.
* Visiting on the Maternity wards is restricted to birth partners only. No children.
* 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

The ability to staff a home service will be monitored on a daily basis. Unfortunately, on the basis of safety occasionally it may be suspended temporarily.

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 will 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