



ROSIE
Maternity
Voices

Working in partnership to improve maternity services

#Covid-19

Who can be with me when I give birth?

One named partner without symptoms can stay with you from when you are admitted to the birth centre, delivery unit or when ready for your caesarean, or when a midwife attends you for a homebirth. They can stay until 2 hours after your baby or babies are born. Your midwives and maternity support workers will be there to care for you too.

Rosie Maternity Hospital Guidance Correct as of 11/4/20



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**Can my partner
come to scans and
appointments ?**

Unfortunately no one else can accompany you for these appointments as we work to reduce the number of people moving around the hospital. This helps keep everyone safe.

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Can my partner be with me on the postnatal ward or at the start of induction?

Unfortunately no one else can accompany you as we work to reduce the number of people moving around the hospital. This helps keep everyone safe. Your midwives and maternity support workers will look after you at these times.

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Should I keep my antenatal appointments?

Yes. You will have a phone booking appointment, scans at 11-14 & 18-20 weeks, and face to face appointments at 28, 34, 36, 38, & 41 weeks plus 31 & 40 weeks for 1st pregnancies. Tell your midwife or the department where your appointment is beforehand if you or someone in your household has Covid-19 symptoms - this will mean changes to your care which will be planned with you.

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**Should I keep baby's
vaccination and 6 week
check appointments?**

Yes, as these are essential care. Contact your GP surgery for more information. Please tell your GP or nurse before you visit the clinic if you or someone in your household has Covid-19 symptoms.

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**What will happen after
my baby is born?**

You will be discharged as soon as you and baby are well, and at home you will receive a phone call from a midwife on the first day, a visit from a midwife on the 2nd day, a visit from a midwife or maternity care worker on day 5 and a phone call on day 10.

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**Will I still have my
planned elective
caesarean birth?**

Elective caesareans are going ahead as planned and your one named birth partner can drop you off, come in when it is time for you to go to theatre and stay for 2 hours after the birth.

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Will I still have my planned homebirth?

At the moment we are still able to offer a homebirth service, but if the situation changes or we do not have enough staff to cover the homebirth service then you will be asked to come into the Rosie Birth Centre or delivery unit. You can have one, named, adult birth partner with you during labour whilst your midwife is caring for you.

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Will I still have my planned waterbirth?

There is no current evidence to suggest that waterbirth should not happen for people without symptoms or a positive test for Covid-19. If you do have symptoms or a confirmed positive Covid-19 test then it is not an option as we cannot ensure protection of everyone involved.

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When should I call the hospital urgently?

If you notice

- Worries about reduced movements of the baby
 - Any bleeding
- You think your waters have gone
 - You think you are in labour
- Continuous or intermittent abdominal pain
 - Severe headache

then call 01223 217217

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**Will I be able to see my
baby who is in neonatal
intensive care?**

Parents without symptoms will be able to book a daily visit. Spacing out the visits will help to minimise infection risks for our most vulnerable babies. One parent can visit each day for 2 hours. If you have twins or are establishing feeding we are extending the time being mindful of safety. With end of life care, we are allowing both parents to stay with their baby as long as needed.

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How will you help care for me and baby who is in neonatal intensive care?

As well as your daily visits to your baby, the neonatal outreach team continue to provide a full service and additional support includes: Ipads used so parents can video call the unit to see their baby and speak to the clinical team, therapy teams offering video calls to parents to support them to look after their babies, phone and video calls from the NICU psychology team to support families' wellbeing,

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**Can I use gas and air
(entonox) for my labour?**

The guidelines on this have not changed so gas and air will be available in all situations it would usually be used.

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Can I breastfeed my baby in NICU?

If your baby is receiving breastmilk this can be pumped and brought to the unit for them, and you can breastfeed them during your daily 2h visit if this is part of the care plan. Extra time is available for parents establishing feeding. Most babies who are well enough to be directly breastfeeding for most of their feeds will be transferred to Charles Wolfston Ward where you can stay with them 24 hours a day.

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What if someone in our house has COVID-19 symptoms? Can my birth partner still come?

Birthing partners / visitors who are symptomatic or in household isolation must remain at home and should not enter the Rosie maternity hospital. You may bring another named birthing partner with you when you are having your baby but they will need to self-isolate for 14 days once they return home. If there is a symptomatic family member or isolating household a homebirth cannot be facilitated.

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What should I do if I or someone in my household has COVID-19 symptoms or we are isolating due to exposure?

If you are household isolating due to your own or a household member's symptoms at the point you require admission to hospital please let us know when you make contact so that we can meet you outside of the hospital when you arrive and ensure you receive care in the appropriate place.

Rosie Maternity Hospital Guidance updated 11/4/20



How will partners be updated between dropping off a person in labour and being allowed onto the ward/birth centre?

Please provide a phone number to contact your birth partner on & write within your birth plan about when you would like them to be updated should you not be able to do this yourself. We are happy to give out updates with your permission should your birth partner call but please be aware we will need to confirm their identity each time they call & ensure you are happy for us to give out information over the phone.



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What support will people having induction of labour get?

We have midwives and maternity support workers who are used to supporting people having an induction of labour and are there to support you. Please do ask if you need additional support – we are here to help you have a positive experience. Staff are being trained in hypnobirthing techniques and we will soon have TENS machines on the ward to borrow as well as birth balls, a lounge for privacy, and showers which can help with pain relief. Do bring from home comfy pillows, snacks, relaxing music and a TENS machine if you would like. You are very welcome to phone or video message friends and family during your induction of labour but please be mindful of others privacy.

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**Are glucose tests
going ahead?**

If you currently have a glucose tolerance test booked you will be contacted individually by a member of the team to make further arrangements. We will offer you a screening test at 28 weeks, at the same time as your 28 week bloods to reduce the number of visits you need to make to the hospital.

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Where are appointments happening if my GP surgery or Children's Centre has shut?

We are aware that GP surgeries and Children's Centre's may be unavailable for some pre booked appointments. We will contact you if this is the case to arrange a different facility for you to receive your appointment in, which may require some flexibility.

Rosie Maternity Hospital Guidance updated 11/4/20