Maternity services update

Welcome to the first South Tees Hospitals NHS Foundation Trust Maternity Service leaflet that aims to provide you with updated information on service changes due to the Coronavirus (Covid-19) pandemic.

Information is changing on a daily basis from the Government, Public Health England and other sources. The Maternity Service will post updated information on the trust website on a regular basis to try and keep you in line with the changes.

All the changes are in place to keep you, your families and the staff working for the NHS as safe as possible. We have answered below the frequent questions we are receiving from women.

- **Are all services still open?**
  Yes.

  All our services at The James Cook University Hospital and the Friarage Hospital remain open for antenatal, postnatal and labouring women.

- **Should I attend my antenatal appointment?**
  Yes.

  Antenatal appointments are important for your health and that of your baby. However if you haven’t already been contacted please phone ahead of your appointment so we can give you the correct advice and assign you the correct area for your care - **01609 763093**

- **Should I attend appointments if I or a family member has symptoms of the coronavirus?**
  No.
Call the Maternity Advice Line on 01609 763093 for advice and further instructions. If we need to see you we will advise you where to attend. Where appropriate, we may offer you a telephone consultation instead.

**Signs & symptoms**
*If you or someone in your household develops a high temperature or a new or persistent cough and you need to isolate.*

- **Should I attend antenatal group sessions?**
  - **No.**

  We have cancelled all group antenatal sessions; including our Pregnancy Relaxation sessions, group Back & Pelvis Physiotherapy sessions, High Dependency information evenings and Breastfeeding workshops until further notice in line with national social distancing guidance.

- **Who can come to maternity appointments with me?**
  - **Attend alone.**

  All routine and planned antenatal appointments in hospital and in community settings should be attended alone.

  All antenatal appointments for an ultrasound scan should be attended alone (in view of this change we will be providing two ultrasound pictures free of charge).

- **What should I do if I need advice or assessment?**
  - **Use the Maternity Advice Line.**

  If you have any concerns about you or your baby, please continue to contact the 24 hour Maternity Advice Line as usual on 01609 763093.

  If you need to attend the Maternity Assessment Unit, please ring the Maternity Advice Line first and if you are asked to attend please attend alone.

- **Can I have visitors if I am admitted to a ward?**
  - **No.**

  There is **no visiting** if you are admitted to the Antenatal Ward (Ward 19),
There is **no visiting** on the Postnatal Ward (Ward 17/Marton Suite).

- **Can I have a birthing partner in labour?**
  Yes but only 1.

  When in labour, please only bring one designated birthing partner (this person must be free of symptoms and isolation criteria). They must stay in the room with you at all times.

- **Can I have a home birth?**
  Yes.

  Home births will continue in line with Maternity Service criteria and government guidelines.

- **Will I deliver where I choose?**
  Yes in the majority of cases.

  We intend for you to deliver in the place of your choice. In order to keep you and your baby as safe as possible, in rare cases, you may have your care at a different hospital. We will always inform you of this change.

- **Will I get a home visit if needed?**
  Yes.

  Your community midwife will contact you at home before visiting you to ensure that you and everyone in your household are well. This is to ensure that the staff are wearing the correct level of protective wear to keep them safe and at work.

  If it is safe for you and your baby we may postpone an appointment and keep contact with you if needed by telephone.

- **Will the maternity unit look different?**
  You may see people in masks and gowns and temporary cordoned off areas. This is because we have allocated designated areas to support with the care you require.

South Tees Maternity Team

V3 31/3/20