

## Information regarding maternity appointments, births and ward visiting

We recognise the important role partners, family and friends play in supporting our women during their pregnancy, labour and while on our maternity wards.

Restrictions are currently in place to ensure any risk of infection is minimised. These restrictions are under constant review. Please find details of our current guidelines below.

- Visitors will be allowed on our maternity wards following the **rule of one**. This means; one visitor for one hour, once a day per patient, 7 days a week. A designated visitor will be identified when the patient is admitted. Please see full details about visitors to our maternity wards below.
- Women in labour are permitted to have one birthing partner with them during established labour and birth or for a planned caesarean.
- With the exception of 12 week scan appointments, **no partners or visitors are permitted to attend other antenatal or postnatal outpatient appointments**, please attend alone.
  - **12 week scans:** One adult companion will be permitted to accompany women to their 12 week scan – please see guidelines set out below.
  - Please note: We are aware of the distress not being able to attend all appointments with chosen companions may cause. Further changes in restrictions will be updated on our website as soon as they are approved.
- No children will be allowed on the maternity wards or in the maternity clinics.
- Please check with your midwife for exceptional circumstances.
- Visitors/birth partners **must not** enter our maternity unit if they feel unwell, in particular if they:
  - Have a temperature, a new continuous cough, a loss of taste or smell, or diarrhoea or vomiting.
  - Have been in contact with someone with suspected or confirmed COVID-19
  - Are self-isolating or shielding

## Birth partners

- One named birthing partner is permitted to be with you during established labour and birth or for your planned caesarean.
- All birth partners/visitors need to wear a face covering/or mask at all times while on our hospital site.
- All birth partners/visitors should maintain 2 metres social distancing where possible. In areas where this is not possible social distancing must be maintained at a minimum of one metre and birth partners/visitors will be required to wear a surgical mask.
- Birth partners **must not** enter our maternity unit if they feel unwell, in particular if:
  - They have a temperature, a new continuous cough, a loss of taste or smell, or diarrhoea or vomiting.
  - Or if they have been in contact with someone with suspected or confirmed COVID- 19
  - Or if they are self-isolating or shielding
- If your birth partner is unwell at the time of your birth you will need to arrange for an alternative birth partner.
- If you are unable to find an alternative partner, please be assured you will be well supported throughout your birth by the midwifery team.

## Visiting our wards

Designated visitors will be identified when a patient is admitted.

Your visitor/birth partner is able to visit you for one hour a day, 7 days a week, between 2:45-3:45pm

OR

4:15-5:15pm.

A time slot will be allocated to you on admission or before transfer to the ward following birth. Your visitor will be provided with visiting guidance and will need to provide their contact details.

## Appointments – antenatal and postnatal checks and scans

- With the exception of 12 week scan appointments, **no partners or visitors are permitted to attend other antenatal or postnatal outpatient appointments**, please attend alone.
- **12 week scans**  
One adult companion will be permitted to accompany women to their 12 week scan. Please follow the guidelines below:
  - Do not enter the department until 10 minutes before the scan
  - Companions will need to answer a series of question to check there is no risk, or potential risk of infection and must:
    - Wear a surgical mask at all times during the visiting period
    - Not sit on chairs while in the waiting room

- Stay within the area indicated inside the scan room
  - Use hand sanitiser before and after leaving the clinic area
  - Leave the clinic promptly following the scan
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- Ultrasound scans continue to be offered at 12 weeks and 20 weeks. It is important that you attended these scheduled scans.
  - Additional scans will be arranged where clinically necessary - your doctor or midwife will tell you if this applies to you.

### **Exceptional circumstances**

One person will be allowed to attend appointments with you if you:

- Are under 18
- Have a learning disability, cognitive impairment or autism
- Are experiencing a pregnancy loss

Exceptions will be considered individually for women:

- With mental health problems
- With communication challenges including hearing or visual impairment
- For whom English is not their first language

### **Antenatal classes and tours**

All face-to-face antenatal classes, tours and drop-in sessions have been cancelled until further notice.

We have prepared information on useful resources you can access online to help prepare you for the birth of your baby:

- [Birth Choices website](#)
- [Bucks MVP Facebook page](#)
- More information about [Bucks Maternity Voices Partnership](#)
- [Watch a 360 virtual tour](#) of our maternity unit at Stoke Mandeville Hospital
- There are also multiple mobile apps that provide helpful information about pregnancy, birth and parenting for example: [The NHS Baby Buddy app](#)

## **Guidance for women on home visits**

[Please help us help you when one of our team visits you at home.](#)

## **Helpful information:**

[Coronavirus: Planning your birth](#)

[Coronavirus: Parent information for newborn babies](#)

[Coronavirus: Looking after yourself and your baby in pregnancy](#)

## FAQs

### 1. How many people can be with me when I'm in labour?

- Only one named birthing partner is permitted to be with you during established labour and birth or for your planned caesarean.
- All birth partners need to wear a face covering/or mask at all times while on our hospital site.
- All birth partners should maintain 2 metres social distancing where possible.
- In areas where this is not possible social distancing must be maintained at a minimum of one metre and birth partners will be required to wear a surgical mask.

### 2. When can I have a visitor when I'm on a maternity ward?

- Your visitor/birth partner (the same person who was with you during labour) can visit you for one hour a day, 7 days a week, either between
  - 2:45-3:45pm, or
  - 4:15-5:15pm.
- A time slot will be allocated to you before transfer to the ward following birth.
- Your visitor will be provided with visiting guidance and will need to provide their contact details.

### 3. Can my designated visitor bring a child with them if I'm on an inpatient ward?

Sorry, no. Patients can only have one visitor at a time.

### 4. Will my visitor have to wear a face covering/mask?

Your visitor will be asked to wear a face covering/mask at all times during the visiting period and may be asked to wear additional protective garments by staff where needed.

### 5. Can my visitor bring items in for me?

We know that many visitors wish to bring gifts or other items, but it is important to be mindful of infection control.

- Please ask visitors to limit the items they bring onto the ward.
- Food parcels, flowers, balloons or similar items are not permitted.