



Living Safely
with COVID-19:
**Updated Maternity Advice
for South Warwickshire
NHS Foundation Trust**

Version 14
14 July 2022



Living Safely with COVID-19: Updated Maternity Advice for South Warwickshire NHS Foundation Trust

Thank you for using the maternity services of South Warwickshire NHS Foundation Trust. We would like to update you on a few changes that we have made to our services in response to the COVID-19 pandemic.

You can also receive regular updates for maternity services by following 'Maternity Updates SWFT' on Facebook



South Warwickshire NHS Foundation Trust



@nhsswft



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SWFT Maternity Partnership



@swftmatpship

Symptoms of COVID-19



If you have been feeling unwell and have experienced the following symptoms and/or have tested positive for COVID-19 in the last 5 days, please inform your named midwife and do not attend the hospital or any other appointment until you have spoken to a midwife or obstetrician via:

- Birth Centre, Warwick: 01926 495321 // Ext. 6977
- Antenatal Assessment Unit, Warwick (AAU): 01926 495321 // Ext. 4090
- Labour Ward, Warwick: 01926 495321 // Ext. 4552

The main symptoms of COVID-19 are:

- **a high temperature or shivering chills** - a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- **loss or change to sense of smell or taste**
- **shortness of breath**
- **feeling tired or exhausted**
- **an aching body**
- **a headache**
- **a sore throat**
- **a blocked or runny nose**
- **loss of appetite**
- **diarrhoea**
- **feeling sick or being sick**

Although these are the main symptoms of COVID-19, you may experience others. These symptoms are common in a lot of other conditions, so if you or anyone in your household is feeling unwell, it's best to contact us to check.

Call 999 if you are having difficulty breathing or your symptoms are life threatening.

Living Safely with COVID-19

As we all learn to live safely with COVID-19, there are simple things you can do in your daily life that will help reduce the spread of COVID-19 and help to protect you and your baby, and others.

Things you can choose to do are:



Get vaccinated



Practice good hygiene

- wash your hands
- cover your coughs and sneezes
- clean your surroundings frequently



Let fresh air in if meeting others indoors



Wear a face covering or face mask

Testing for COVID-19



It is thought that as many as 40% of people with COVID-19 do not have symptoms but can still infect others. Even if you're vaccinated, you could still catch the virus and pass it on. Testing for COVID-19 helps to protect you and your baby, and others.

We recommend that you and members of your household undertake rapid lateral flow tests for COVID-19 regularly and prior to your health appointments or attending the Maternity Unit for a planned procedure or in labour. Unless you are eligible for free rapid lateral flow tests, you can buy tests from many pharmacies and retailers, in person or online.

The results of all rapid lateral flow tests should continue to be reported through the GOV.UK website: <https://www.gov.uk/report-covid19-result>

If you have been feeling unwell and have experienced any symptoms of COVID-19 and/or tested positive for COVID-19 in the last 5 days, please refer to the previous section of this guidance and contact us prior to attending any appointments or the hospital in labour. The care that you receive will not be affected.

Rapid lateral flow testing within the 24 hours prior to your maternity appointments: We would encourage you to take a rapid lateral flow test within the 24 hours prior to attending a maternity appointment or being visited by a midwife at your home. If you are being visited at home, all members of your household should ideally carry out a test where possible. Please be aware that testing for COVID-19 is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

Testing prior to planned procedures such as induction of labour and caesarean section:

If you need to come to the Maternity Unit for an induction of labour and it is scheduled in advance, you will be asked to attend the Birth Centre at Warwick Hospital 48 to 72 hours prior to your procedure to take a routine COVID-19 test. This involves a nose and throat swab. Please contact the Birth Centre on 01926 495321 ext. 6976 or 6977 to arrange this. Following your test, we advise that you self-isolate at home until you come in to the unit. This test will be repeated when you arrive at the unit for your induction of labour and you will be asked to wear a face mask until the results of this test are known.

If your induction of labour is booked any less than 3 days in advance, COVID-19 swabs will be taken straight away by the clinician booking your induction or in Antenatal Clinic.

If you need to come to the Maternity Unit for a planned caesarean section, a routine COVID-19 test will be taken as part of your pre-op assessment. This involves a nose and throat swab. Following your test, we advise that you self-isolate at home until you come in to the unit. This test will be repeated when you arrive at the unit for your planned caesarean section and you will be asked to wear a face mask until the results of this test are known.

Following the birth of your baby, should you need to stay on the postnatal ward for additional care and support, a COVID-19 test will be repeated on your third day with us.

If you are accompanied by a birth partner or birth partners (we are now able to accommodate two birth partners), we would encourage them to undertake a rapid lateral flow test within the 24 hours prior to attending the Maternity Unit with you. This is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

Testing on arrival at the Maternity Unit or Birth Centre in labour: When you arrive at the Maternity Unit or Birth Centre in labour, a routine COVID-19 test will be taken. This involves a nose and throat swab. You will be asked to wear a face mask until the results of the test are known unless you are already in established labour.

Following the birth of your baby, should you need to stay on the postnatal ward for additional care and support, a COVID-19 test will be repeated on your third day with us.

If you are accompanied by a birth partner or birth partners (we are now able to accommodate two birth partners), we would encourage them to undertake a rapid lateral flow test within the 24 hours prior to attending the Maternity Unit or Birth Centre with you. This is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.



Vaccinations



COVID-19 vaccination is strongly recommended for pregnant and breastfeeding women.

The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. It is important to have your COVID-19 vaccinations to protect you and your baby.

The Joint Committee on Vaccination and Immunisation (JCVI) has now advised that pregnant women are more at risk of severe COVID-19 disease. They are reminding pregnant women to have their COVID-19 vaccines as soon as possible and advising that they should not delay vaccination until after they have given birth.

In the UK, over 100,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines. These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.

Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization and the regulatory bodies in the UK, US, Canada and Europe.

Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose. Anyone who has already started vaccination and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.

Getting the vaccine is your decision. Make sure you have the facts from trusted sources like the Royal College of Midwives (RCM), Royal College of Obstetricians and Gynaecologists (RCOG), and the NHS to help you make that decision.

Why you need the vaccine if you are pregnant: If you have COVID-19 disease in later pregnancy particularly in the third trimester (more than 28 weeks pregnant) both you and your unborn baby are at increased risk of serious disease needing hospital treatment, and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care, had not been vaccinated. The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.

COVID-19 vaccines in pregnancy give you high levels of protection against disease. There is reassuring information on the safety of COVID-19 vaccines given to pregnant women in the UK, as well as other countries.

It is important that you are protected with all your vaccine doses to keep you and your baby safe. Don't wait until after you have given birth.

Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.



Maternal COVID-19 infection is associated with an approximately doubled risk of stillbirth and may be associated with an increased incidence of small-for-gestational age babies. The preterm birth rate in women with symptomatic COVID-19 appears to be two to three times higher than the background rate.

The majority of pregnant women admitted to hospital with COVID-19 are unvaccinated: 1 in 7 symptomatic pregnant women admitted to hospital with the delta variant needed admission to intensive care; 1 in 10 symptomatic pregnant women admitted to hospital with alpha variant needed admission to intensive care.

Risk factors for pregnant women: If you have underlying medical conditions such as:

- **immune problems**
- **diabetes**
- **high blood pressure**
- **heart disease**
- **asthma**

Or if you are:

- **overweight**
- **over the age of 35**
- **in your third trimester of pregnancy (more than 28 weeks pregnant)**
- **of black and Asian minority ethnic background**
- **remain unvaccinated or partially vaccinated**

You are at more risk from COVID-19 than women of the same age who are not pregnant.

Getting pregnant: There is no need to avoid getting pregnant after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility or your chances of getting pregnant.

Getting the vaccines if you are pregnant: The first dose of COVID-19 vaccine will give you good protection however you need to get each of your doses on time to get the best protection. You should have your second dose 8 to 12 weeks after your first dose.

If you have already had a first dose of COVID-19 vaccine without suffering any serious side effects, you can have your second dose with the same vaccine when this is offered.

If your first dose was the AstraZeneca vaccine you should also consider the information in the following leaflet: <https://www.gov.uk/government/publications/covid-19-vaccination-and-blood-clotting>

Pregnant women are eligible for a booster 12 weeks after their second dose. The booster that is offered may be a Pfizer or Moderna vaccine.

Don't put off vaccination until you give birth, make time to get the best protection we have against COVID-19 for you and your baby.

Breastfeeding: The JCVI has recommended that vaccines can be received whilst breastfeeding. This is in line with recommendations from the US and the World Health Organization. You should not stop breastfeeding in order to be vaccinated against COVID-19.

Booking your COVID-19 vaccination: You can book your COVID-19 vaccination through your GP surgery or online using the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

You cannot get your COVID-19 vaccination from a midwife.

Getting a flu vaccination: It is still really important to get a flu vaccination. The flu vaccine is given free on the NHS if you are pregnant. Flu vaccination is important because:

- More people are likely to get flu this winter, as fewer people will have built up natural immunity to it during the COVID-19 pandemic.
- If you get flu and COVID-19 at the same time, research shows you are more likely to become seriously ill.
- Getting vaccinated against flu and COVID-19 will provide protection for you, your baby and those around you against both of these serious illnesses.



Antenatal - Pregnancy Care

Rapid lateral flow testing within the 24 hours prior to your maternity appointments: We would encourage you to take a rapid lateral flow test within the 24 hours prior to attending a maternity appointment or being visited by a midwife at your home. If you are being visited at home, all members of your household should ideally carry out a test where possible. Please be aware that testing for COVID-19 is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

If you have been feeling unwell and have experienced any symptoms of COVID-19 and/or tested positive for COVID-19 in the last 5 days, please refer to the previous section of this guidance and contact us prior to attending any appointments or the hospital in labour. The care that you receive will not be affected.

Visiting: We understand how important support from partners, family and friends is during pregnancy. We have lifted many of the visiting restrictions which were necessary during the pandemic however to maintain the safety of you and your baby, other service users and our staff, some remain in place.

With the exception of scan appointments, you can now be accompanied to your antenatal appointments by one adult and attend with children (including babies). However, please be aware that all of our services have been risk assessed and measures put in place to help reduce the spread of COVID-19. In some of our departments there is limited space in the waiting areas or consulting rooms such as Antenatal Clinic at Warwick Hospital. In these settings, if the maximum number of people that can safely occupy an area is reached, you and anyone accompanying you may be asked to wait in another area of the hospital or outside until you can be seen.

Attending Ultrasound Scans: Please note that children (including babies) must not be brought to your ultrasound scan appointments. This is in line with the ultrasound services at many other Trusts nationally. This is because the sonographer undertaking your scan requires high levels of concentration and our scan rooms are also clinical areas which are unsuitable environments for children. This is not a restriction that has been put in place in response to COVID-19.

Wearing a face covering and hand hygiene: We would encourage you and anyone accompanying you to wear a face covering when attending antenatal appointments including scans and whilst being visited at home. We recommend that children over the age of 5 wear a face covering.

Our staff will continue to wear face masks in all clinical settings including during your antenatal appointments.

Please either wash your hands or use the hand gel provided when entering and leaving clinical areas and before and after being visited at home.

Attending appointments on time: We ask that you attend your appointments on time and do not arrive more than 10 minutes before your appointment is due. If you arrive earlier than this, you and anyone accompanying you to your appointment may be asked to wait in another area of the hospital or outside.



Keeping everyone safe when visiting maternity

What we're doing:



Staff wear the right PPE for every task. That means masks, visors, aprons and gloves.



Hand sanitiser is available around the maternity department.



Staff who have COVID-19 symptoms are required to isolate and get tested.



Keeping in touch with the women in our care about any changes to services.

What you can do:



If you're a birth partner and have any symptoms of COVID-19 or are isolating, please **do not** come to the hospital.



Please wear a mask in all areas, including scan rooms.



Please wash your hands regularly and use the sanitiser available after touching things like door handles.



Keep your distance from staff and other people in the hospital and avoid going to other areas of the hospital outside of maternity.

Above all, be kind and respectful to the maternity team: they're here to help you and your baby stay safe

Our current schedule of visits for your midwifery-led care pathway:



First contact clinic: You will attend a clinic to have blood tests taken. Your blood pressure and urine samples will also be taken.



Booking appointment: Your first meeting with a midwife may be a face-to-face appointment or a telephone consultation which usually takes an hour. The midwife will take your previous medical and obstetric history (please have any relevant documents with you) and ask you questions about your lifestyle. They will also agree a plan for your care.



Dating scan: This ultrasound scan will take place between 11 weeks and 2 days and 14 weeks and 1 day. Following this scan, you may opt to have screening blood tests.



16 week appointment: You will be seen by your midwife who will discuss your pregnancy care plan with you. This will take place in a community hub.



Anomaly scan: This ultrasound scan will take place between 18 weeks and 20 weeks and 6 days. At this visit a midwife or maternity support worker will check your blood pressure and urine. If you, together with your loved ones, choose to find out the gender of your baby and it can be seen on your scan, we are happy to write this down for you, please ask.



25 week appointment: For first time mums only. This may be a telephone consultation or take place in a community hub. Your midwife will discuss your pregnancy care plan with you.



28 week appointment: You will see a midwife and they will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub. You can also collect your MATB1 form (please inform your midwife if you need your MATB1 form before 28 weeks). This will take place in a community hub.



31 week appointment: For first time mums only. You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub.



34 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub.



36 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. Your midwife will also discuss your birth preferences with you. This will take place in a community hub.



38 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub.



40 week appointment: For first time mums only. You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. Your midwife will give you information about prolonged pregnancy, and induction of labour. This will take place in the community hub.



41 week appointment: For those who have not given birth yet. You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. Your midwife will give you information about prolonged pregnancy, and induction of labour. This will take place in the community hub.

If you are following a consultant-led pathway, you will have a similar pattern of appointments but tailored to your personalised care plan.



If you experience any of the following, please call us:

- ☎ **Antenatal Assessment Unit, Warwick (AAU):** 01926 495321 // Ext. 4090
- ☎ **Labour Ward, Warwick:** 01926 495321 // Ext. 4552

- Vaginal bleeding
- Your baby is not moving, or the movements are not the usual pattern
- Starred vision or disturbed vision
- Swelling of your face, hands or feet
- Leg pain, swelling and / or redness
- If your waters break or you are concerned about vaginal discharge
- If you have pain when passing urine
- Constant tummy pain
- Persistent headache not improved / cleared with paracetamol
- Epigastric pain not resolved with antacids
- Itching of your hands or feet
- If you feel short of breath
- If you feel unwell and are unable to maintain fluid intake or become feverish



Labour & Birth

Place of birth: We are committed to supporting choice and have kept all birth settings available (Labour Ward, Birth Centre and home birth) throughout the pandemic and continue to do so as we learn to live safely with COVID-19. We are working hard to make sure we have enough staff in all areas however in the event of significant staff sickness due to COVID-19, it may be necessary to temporarily close the Birth Centre and/or suspend supporting home births. If you go into labour and were due to give birth in the Birth Centre and it is temporarily closed, you will be cared for on Labour Ward in the Maternity Unit. If you were due to give birth at home and this can't be supported, your named midwife will contact you to discuss your options.

Please be assured that safety is our highest priority and you and your baby will be well looked after.

For any women experiencing signs or symptoms of, or diagnosed with COVID-19, the recommendation is to attend the hospital when in established labour. You will be cared for on the Labour Ward, as additional monitoring will be recommended to maintain the safety of you and your baby. If this is you, for further advice before attending the hospital call:

📞 Labour Ward, Warwick: 01926 495321 // Ext. 4552

When labour starts: If your contractions start, your waters break, or you have any other concerns please call and speak to one of our midwives, who will be able to advise you:

📞 Labour Ward, Warwick: 01926 495321 // Ext. 4552

📞 Birth Centre, Warwick: 01926 495321 // Ext. 6977

We recommend, if it is safe to do so and following advice from one of our staff, that you remain at home in early labour. You should keep hydrated, try different positions, and check you are passing urine regularly. In the early stages you may also find 1g of paracetamol (two 500 mg tablets) is helpful, and these can be taken 4 to 6 hourly but no more than 8 tablets in 24 hours. You can call back regularly e.g. every 4 hours for further advice and to keep us updated.

Testing on arrival at the Maternity Unit or Birth Centre in labour: When you arrive at the Maternity Unit or Birth Centre in labour, a routine COVID-19 test will be taken. This involves a nose and throat swab. You will be asked to wear a face mask until the results of the test are known, unless you are already in established labour.

Following the birth of your baby, should you need to stay on the Postnatal Ward for additional care and support, a COVID-19 test will be repeated on your third day with us.

If you are accompanied by a birth partner or birth partners (we are now able to accommodate two birth partners), we would encourage them to undertake a rapid lateral flow test within the 24 hours prior to attending the Maternity Unit or Birth Centre with you. This is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

Testing prior to planned procedures such as induction of labour and caesarean section:

If you need to come to the Maternity Unit for an induction of labour and it is scheduled in advance, you will be asked to attend the Birth Centre at Warwick Hospital 48 to 72 hours prior to your procedure to take a routine COVID-19 test. This involves a nose and throat swab. Please contact the Birth Centre on 01926 495321 ext. 6976 or 6977 to arrange this. Following your test, we advise that you self-isolate at home until you come in to the unit. This test will be repeated when you arrive at the unit for your induction of labour and you will be asked to wear a face mask until the results of this test are known.

If your induction of labour is booked any less than 3 days in advance, COVID-19 swabs will be taken straight away by the clinician booking your induction or in Antenatal Clinic.

If you need to come to the Maternity Unit for a planned caesarean section, a routine COVID-19 test will be taken as part of your pre-op assessment. This involves a nose and throat swab. Following your test, we advise that you self-isolate at home until you come in to the unit. This test will be repeated when you arrive at the unit for your planned caesarean section and you will be asked to wear a face mask until the results of this test are known.

Following the birth of your baby, should you need to stay on the Postnatal Ward for additional care and support, a COVID-19 test will be repeated on your third day with us.

If you are accompanied by a birth partner or birth partners (we are now able to accommodate two birth partners), we would encourage them to undertake a rapid lateral flow test within the 24 hours prior to attending the Maternity Unit with you. This is not mandatory, it just helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

Birth partners and visiting: We are able to support up to two birth partners which can stay with you throughout your labour and birth. Your birth partner(s) should be well and not recently exposed to COVID-19. We advise your birth partner(s) brings a small bag with them containing anything they might need.

If your birth partner(s), siblings or other visitors experience any signs or symptoms of, or are diagnosed with COVID-19, please ask them to contact us before attending the hospital:

 **Labour Ward, Warwick: 01926 495321 // Ext. 4552**



Postnatal Care

We understand the importance of post birth time together for families with a new baby. If you need to stay on Swan Ward (postnatal ward) following birth, your birth partner(s), along with siblings, may visit you between 09:00 and 21:00 daily, for any duration of time, provided they remain well and haven't been recently exposed to COVID-19. Other asymptomatic family members and friends will also be able to visit between 16:00 and 18:00 daily however we can only accommodate two visitors to a bedside at one time.

We encourage your birth partner(s), other family members and friends to wear a face covering when visiting you in the hospital. We recommend that children over the age of 5 wear a face covering. Your birth partner(s) and visitors may remove their masks when alone with you and your baby (in a room or behind curtains) but we ask that they put these back on when a member of staff is caring for the family unit.

Your birth partner(s), siblings and other visitors will be asked to wash their hands, following hand-washing guidance, on entering and leaving ward areas. We ask that they cover their nose and mouth with a disposable tissue when sneezing, coughing, wiping or nose blowing. This must be disposed of immediately afterwards. Your birth partner(s), siblings and other visitors must also use the toilet facilities for members of the public, not those designated for women and staff.

If possible windows will be opened for 5 to 10 minutes every hour to aid air exchange.

If your birth partner(s), siblings or other visitors experience any signs or symptoms of, or are diagnosed with COVID-19, please ask them to contact us before attending the hospital:

 **Labour Ward, Warwick: 01926 495321 // Ext. 4552**

Information for parents with a baby on the Special Care Baby Unit (SCBU): Should your baby need some support following birth they may spend some time on the SCBU. We recognise the importance for you to be able to maintain parental involvement whilst ensuring we keep your baby, you, other parents and staff safe and well.

If this is the case:

- Parents, siblings and grandparents will be allowed unlimited visiting each day (24 hours a day, 7 days a week) provided they are well.
- Other family members and friends may visit daily between 18:30 and 19:30, provided they are well and accompanied by one parent at all times.
- There are occasions when access times for family and friends may need to be changed. Staff will explain any current changes as required.

Whilst visiting SCBU:

- All visitors to SCBU must wear a fluid resistant mask at all times whilst in the unit. These can be provided.
- Follow our guidance for hand-washing. Wash hands on arrival and regularly throughout your stay to reduce the risk of your baby getting an infection. A member of staff will show you where the sinks are. A poster is displayed above each sink demonstrating the correct hand washing technique. Please follow this procedure.
- We would encourage all visitors to SCBU to take a rapid lateral flow test within the 24 hours prior to attending. Please be aware that testing for COVID-19 is not mandatory but it helps us to look after you and your baby safely, protect our staff and safeguard maternity services.

All visitors have the potential to bring infection on to the unit therefore please contact us prior to visiting if you or a sibling:

- Experience any signs or symptoms of, or have been diagnosed with COVID-19 in the last 5 days.
- Anyone in your household has any signs or symptoms of, or has been diagnosed with COVID-19 in the last 10 days.
- Diarrhoea and/or vomiting. Visiting can be resumed 48 hours after the last episode of diarrhoea and/or vomiting.
- A temperature or rash which might be due to infection.
- Has any infection e.g. a cold, flu, ear infection, cold sore (until a scab has formed).
- Children must not visit if they have had recent contact with someone who has Chickenpox.
- Visiting a person in another part of the hospital, as additional infection prevention measures may be required.

For the safety of your baby we ask that:

- Only parents, siblings and grandparents hold baby.
- Only siblings may visit - no other children are permitted.
- You keep to maximum of three visitors, at one time, per cot.

If you require any further information or clarification please call:

 **SCBU, Warwick: 01926 495321 // Ext. 4750 or 4560**

Discharge: We will be aiming to discharge you home as soon as it is safe to do so following birth.

Following discharge: Once you are discharged, we will ensure that you receive the very best postnatal care at home or in your community hub. We are always at the end of the phone if you have any questions. Please contact your named midwife if not urgent, or Labour Ward/Birth Centre with more urgent queries.

Postnatal visits: We are committed to maintaining our midwifery teams out in the community, so that you have a known midwife, supported by a team for your postnatal care. Some postnatal appointments may be conducted virtually.

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Whilst this will vary with individual circumstances, the minimum consultation plan will include:



Day 1 – Your first day at home: Your midwife will visit you at home. Your midwife will check your health and wellbeing, answering any concerns you might have and also discuss feeding your baby.



Day 3: This will be a telephone consultation. If you have any concerns about your baby's weight, a face-to-face appointment can be arranged.



Day 5: Your midwife will visit you at home or see you in your community hub or at Warwick Hospital. They will offer to carry out a Newborn Blood Spot Screening Test for your baby.



Day 14: Your midwife will visit you at home or see you in your community hub to check your health and wellbeing, and discuss feeding your baby.



If you experience any of the following, please call us:

- 📞 Labour Ward, Warwick: 01926 495321 // Ext. 4552
- 📞 Birth Centre, Warwick: 01926 495321 // Ext. 6977

- If your bleeding is becoming heavier or you are passing clots
- You are concerned that your wound site is becoming infected (red, inflamed, painful, swelling, oozing)
- Your vaginal discharge is offensive, or your stitches become more painful
- You are concerned about your baby feeding or your baby is sleepy and not waking for feeds
- You feel unwell and/or feverish
- You have pain or swelling in your legs or feel short of breath
- If you have any other concerns

Getting ready for a home visit from your midwife

Midwives need to be in close contact with many different people every day - it's important that we minimise the risk of your midwife passing infection to you and of you passing infection to your midwife.



Call your midwife to let them know if you or anyone in your home has symptoms or has tested positive for COVID-19.



Reduce the risk of the virus spreading by having a window open in the room where your midwife will be meeting you.



It is important that your midwife doesn't touch too many surfaces in your home when they visit, so please leave doors open for them when they arrive and leave.



Wash your hands thoroughly before and after the visit.



Your midwife will be wearing a mask when they visit you but hopefully you will still be able to see them smile! If you can, please do the same.



Thank You.



We are very proud here at SWFT of the way we sustained maternity services throughout the pandemic and continue to do so as we learn to live safely with COVID-19. We are delighted that we are now able to remove many of the restrictions around birth partners and visiting as we understand the importance of support from partners, family and friends during pregnancy and birth.

I would like to thank you for talking to us, the continual flow of feedback is really helpful to ensure we are getting it right. For those parents who have shared their stories on our Facebook page, a huge thank you, even when birth plans have not quite gone to plan, your resolve and resilience is inspirational to others. Please keep sharing, the pictures of the youngest in our community are a beautiful reminder that life is the greatest gift of all.

This document will continue to be updated and reposted. Please ensure you are looking at the most recent version. We will also continue to regularly post updates on the 'Maternity Updates SWFT' Facebook group – please circulate this information to anybody in your network whom you know is pregnant, to help us keep everybody informed.

I would like to wish you and your family all the very best. Stay safe and take care.

Warmest wishes,

Lin Ward

Acting Associate Director of Midwifery



Additional Questions



We will be updating the 'Maternity Updates SWFT' Facebook page as information and guidance changes. We have also compiled a list of useful resources which you can view by clicking the links below.

RCOG: COVID-19 pregnancy and women's health

<https://www.rcog.org.uk/guidance/coronavirus-covid-19-pregnancy-and-women-s-health/>

RCOG: COVID-19 vaccines, pregnancy and breastfeeding

<https://www.rcog.org.uk/guidance/coronavirus-covid-19-pregnancy-and-women-s-health/vaccination/covid-19-vaccines-pregnancy-and-breastfeeding-faqs/>

RCOG and RCM: COVID-19 vaccines decision aid

<https://www.rcog.org.uk/media/13xkcda/2021-02-24-combined-info-sheet-and-decision-aid.pdf>

RCM: Advice for pregnant women

<https://www.rcm.org.uk/coronavirus-hub/>

NHS: General advice about COVID-19

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government: COVID-19 vaccination for pregnancy and breastfeeding women

<https://www.gov.uk/government/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding/covid-19-vaccination-a-guide-for-women-of-childbearing-age-pregnant-planning-a-pregnancy-or-breastfeeding>

Doctors of the World: COVID-19 guidance available in multiple languages

https://www.doctorsoftheworld.org.uk/translated-health-information/?_gr=coronavirus-information

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