



## COVID-19 Updated Maternity Advice for Saint Mary's Hospital at Oxford Road Campus and at Wythenshawe

We want to make sure you and your baby are well during the coronavirus pandemic and we are committed to providing safe and personal maternity care. It is important that you have all the information you need to help you to make informed decisions about your maternity care. We would like to update you on some of the changes that we have made to our Maternity Services in response to the Covid-19 pandemic.

### Covid-19 symptoms – What to look out for and what to do

Most women who get Coronavirus will have mild or moderate flu-like symptoms

#### Covid-19 symptoms

- **A high temperature** – this means you feel hot to touch on your chest or back. IF you have a thermometer, a high temperature is 37.8C or above
- **A new, continuous cough** – coughing for more than an hour, or 3 or more coughing episodes in 24 hours

**Call 999 if you are having difficulty breathing**

Use the [111 Coronavirus](#) service if you have symptoms

If you, your partner or anyone living in your household have the above symptoms or have had these symptoms in the last 7 days, and/or has tested positive for Covid-19 in the last 14 days, please inform your named midwife and do not attend the hospital until you have spoken to a midwife or obstetrician via:

**Saint Mary's Oxford Road Campus Triage: 0161 2766567**

**Saint Mary's at Wythenshawe Triage: 0161 2912724**

Women who have coronavirus or coronavirus symptoms will be cared for in separate dedicated rooms on the maternity unit. This is to keep everybody who uses our services as safe as possible.

If you have any other questions about your care during the COVID-19 pandemic, please contact the helpline for reassurance.

**Saint Mary's Covid-19 Helpline: 0161 7015572 (8am to 9pm Mon-Fri)**



## Changes to your maternity care

We have had to make some changes to ensure we keep you and your baby safe. These changes have been made with our Maternity Voices Partnership (MVP) user chair. More details about the MVP are at the end of this document.

You will still be treated with respect and dignity and you can still expect us to communicate clearly with you.

### **Antenatal – pregnancy care**

- **Booking appointment.** Your booking appointment with a midwife may take place over the phone or by virtual appointment and will usually take an hour. Your previous medical and obstetric history will be taken and you will be asked other questions about your lifestyle. The midwife will discuss the blood tests recommended for your next appointment and agree your personalised care plan
- **Dating scan.** This ultrasound scan will take place between 11 weeks and 5 days and 12 weeks and 3 days. You will also be offered a face-to-face midwife appointment in the antenatal clinic following this scan to measure your blood pressure, urine and offer you screening blood tests. You will also receive your handheld maternity record if not already provide
- **16 and 25 week appointments.** These appointments will now take place over the telephone
- **Anomaly scan.** This ultrasound scan will take place between 18-21 weeks, after this appointment you will be seen by a midwife who will offer to review your care, check your blood pressure and urine and arrange any follow-up appointments
- **Antenatal classes.** We are unfortunately unable to provide any of our antenatal classes during this time, including breastfeeding workshops. There are a number of websites that are able to provide on-line antenatal preparation and breastfeeding information:

[National Childbirth Trust](#)

[Baby Centre](#)

[NHS Infant Feeding guide](#)

[NHS Pregnancy and Baby guide](#)



- **From 28 weeks onwards.** Your appointments will be face-to-face.
- **Hospital appointment with an obstetrician.** If you are having shared care with an obstetrician these appointments may take place at the hospital or you may receive a phone call from the obstetrician.

**In order to protect you and our staff, we have taken the difficult decision that your partner or support person cannot be present for any of your scans or antenatal appointments. Registered carers are permitted**

*Some of our calls may be from a withheld number, it is important you answer.*

**Please continue to call the relevant triage number if you need to attend hospital during your pregnancy. For example if your baby's pattern of movements changes or reduces in number, or you experience any vaginal bleeding, or any other concerns as outlined in page 12 of your hand held notes.**

### **Labour and birth for women WITHOUT Covid-19 symptoms**

We might have fewer maternity staff available. This means we have to think about how we will care for you and your baby during your labour and birth. You will still be able to have access to pain relief options including gas and air and an epidural. You will still be able to be mobile, use a birthing ball and birth in a position of your choice.

- **Place of birth**
  - **Home Birth:** We have unfortunately taken the decision to suspend our home birth service due to community midwifery staffing and pressure on the North West Ambulance Service. We appreciate this will be disappointing for women planning on a home birth and we ask you to please speak to your named midwife.
  - **Birth Centre:** If you are healthy, have had a straight forward pregnancy, and are at low risk of complications during labour and birth, you may choose to have your baby at the Manchester Birth Centre, Saint Marys Hospital @ Wythenshawe. This has a core group of specialist midwives, who are experts



in facilitating physiological birth, in an undisturbed birth environment. Each room has its own birth pool and en-suite bathroom. We are continuing to support women to use a birthing pool in labour. Where appropriate we can facilitate an early discharge home straight from the birth centre.

- **Obstetric-led unit:** If you have been advised to have your baby on either of the obstetric-led delivery units then your care and all pain relief options are available to you as before.
- **Birthing partners.** We understand how important support from partners, family and friends is during birth. In order to protect you and our staff, we ask that only one named birth partner be present during labour and birth and this person cannot change. We will be asking all birth partners whether they have had any symptoms of, or been exposed to Covid-19, and they will unfortunately be asked to leave if they have.
- **Planned induction of labour or caesarean birth.** Our planned inductions and caesarean births will continue as normal and you may have one named support person with you. Partners may not be able to be present in theatre in an emergency situation.
- **Cord blood donation and new-born photos.** We are currently unable to accommodate visitors providing external services such as Bounty or Antony Nolan cord blood collection.

**You may notice some staff wearing additional personal protective equipment (PPE) including face masks.**

### **Labour and birth for women WITH COVID-19 symptoms**

It is advised that you give birth on an obstetric unit and you will be offered continuous electronic fetal monitoring. Giving birth in water is not recommended, due to risk of spreading infection. All other forms of pain relief are still available including gas and air and epidurals should you want them. You will be able to have your birth partner with you. Your midwife will wear additional protective clothing.



## Postnatal – care after birth

- **Changes to Visiting.** To help us to protect you and our staff we ask that you have only one named visitor during visiting hours in the postnatal period. Unfortunately no children will be allowed to visit.
- **Discharge.** Once you have had your baby, as long as you are both well you will be encouraged to return home as soon as possible.
- **Infant feeding.** Breastfeeding continues to be safe but there may be some additional precautions you may need to take if you have symptoms of coronavirus. Please speak to your midwife. Further information about coronavirus and new born babies can be found here  
<https://www.england.nhs.uk/coronavirus/publication/coronavirus-parent-information-for-newborn-babies/>
- **Postnatal visits.** The way that we provide postnatal care may change, to ensure we are maintaining a safe service for all women and families. This may vary according to individual circumstances. You might receive a telephone call instead of a face-to-face visit. Your midwife is there if you need her. Call if you need help or advice for you or your baby.

## Official guidance from midwives and obstetricians

The Royal College of Midwives and the Royal College of Obstetricians and Gynaecologists have created a webpage with useful information for you. The webpage is updated frequently:

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy>

We are also working in collaboration with Maternity Voices Greater Manchester and Eastern Cheshire Network. You may contact them on the details given below.



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