

Maternity

COVID-19 - Updated maternity advice

Thank you for using the maternity services at University Hospitals Coventry and Warwickshire (UHCW).

We want to let you know about some changes we have made to our services in response to the successful management of the COVID-19 outbreak.

To stay up to date with the latest maternity news and service changes, follow us on social media:

- **Facebook:** <https://www.facebook.com/NHSUHCW/>
- **Twitter:** <https://twitter.com/nhsuhcw>
- **Instagram:** <https://instagram.com/nhsuhcw>

Key Information - COVID-19 Symptoms and maternity care:



COVID-19 symptoms to watch for:

- **High temperature:** Your chest or back feels hot to touch. If you have a thermometer, this means a temperature of 37.8°C or higher.
- **New, continuous cough:** This means coughing for more than an hour or having 3 or more coughing episodes in 24 hours.
- **If you feel** you cannot cope with your symptoms at home, your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online COVID-19 service: **111.nhs.uk**.
- If you do not have internet access, call NHS 111.



Patient Information

Call 999 immediately if you are struggling to breathe, it's a medical emergency or your symptoms are life-threatening.



Please let your midwife know if you have COVID-19 symptoms. Do not come to the hospital until you have spoken to a midwife or the hospital team on:

Labour Ward Triage: 024 7696 7333

Let us know if:

- **You or your partner have had symptoms or tested positive for COVID-19 in the last 7 days.**
- **Anyone living in your household has symptoms or tested positive for COVID-19 in the last 14 days.**

At University Hospitals Coventry and Warwickshire, we regularly review how we provide maternity care. During the COVID-19 pandemic, we made changes to keep women, families, and staff safe. Thanks to the COVID-19 vaccine, most services have not returned to normal. However, we will continue to follow national guidance and adjust our care as needed.

Changes to visiting – COVID-19 update:

Please call in advance and speak with a member of staff if you feel unwell or have a temperature above 37.5°C. A senior member of staff will decide if your appointment should go ahead or be rescheduled.

If your support partner has a temperature above 37.5°C:

- They will not be able to attend the appointment.
- They should get a COVID-19 PCR test via the government website: <https://www.gov.uk/get-coronavirus-test>.

Please note:

- Free rapid lateral flow or PCR tests are no longer available from the NHS online.

Patient Information

- You may still get free lateral flow tests if you are [eligible for Covid19 treatments](#).
- COVID-19 tests can be bought from pharmacies or online.

Who can attend your appointments?

You may bring **one adult with you to all scan and antenatal clinic appointments** at UHCW, Coventry and the Hospital of St. Cross, Rugby and appointments at the FWBU.

This person should ideally be from the same household or support bubble, be the same person throughout your pregnancy, labour and postnatal care. You must both be well and not displaying any symptoms of COVID-19.

Ward visiting

Birth partners may visit:

- Antenatal Ward (Ward 24)
- Postnatal ward (Ward 25)

Visiting times: 11am to 8pm, seven days a week.

They must not:

- Have COVID-19 symptoms
- Have been in contact with anyone who tested positive or showed symptoms in the last 14 days.

Friends and family can stay in touch by phone and patients can make landlines calls from hospital beds.

Changes to antenatal care:

- Booking appointments may be face-to-face or over the phone with a midwife.
- You must tell your GP surgery that you are pregnant.

Patient Information

- GP's surgeries are now open for in-person midwife appointments, which you should attend alone.

Ultrasound scans

- The dating ultrasound scan will take place between 11 weeks and 2 days to 14 weeks and 1 day.
- You may bring one person with you, ideally from the same household or support bubble.
- They must be well and must not have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
- We know how important this moment is – please plan ahead to keep everyone safe.
- The anomaly scan will take place between 18 to 20 weeks.
- A midwife or healthcare assistant will check your blood pressure and urine at this visit.
- You can bring one person with you, ideally from the same household or support bubble.
- Again, they must be symptom-free and not have been in contact with a COVID-19 positive person in the last 14 days.
- Birth/ support partners can attend all scans.

Antenatal appointments

All pregnancy appointments will be face-to-face with a midwife or doctor either at, your GP surgery or the hospital (UHCW or St. Cross).

Your birth/ support partner may attend all hospital clinic appointments. You will be contacted with the date and location of your appointment.

Important

Please do not attend any appointments if you have COVID-19 symptoms, have been in contact with anyone with COVID-19 in the last 14 days or tested positive for Coronavirus.

Patient Information

We are not able to test you at your appointment. If your condition gets worse, or does not get better after 7 days, use the NHS 111 online coronavirus (COVID-19) service or call 111 if you don't have internet access.

If you're unsure or worried, please talk to your midwife – we're here to support and reassure you.

When to call labour ward triage

Labour Ward Triage: 024 7696 7333

(Available 24 hours a day, 7 days a week)



Please call us immediately if you experience any of the following:

- You think your baby is not moving or movements are less or different than usual.
- You have any vaginal bleeding.
- You have starred or blurred vision.
- You have swelling in the hands or feet.
- You think your waters have broken or are worried about vaginal discharge.
- You have pain when passing urine.
- You have a constant tummy pain.
- You have headaches that don't go away with rest or paracetamol.
- You have persistent pain in the upper tummy or under your ribs.
- You have itching on your hands or feet.
- You feel short of breath.
- You generally feel unwell or feverish.

Fetal Well Being Unit (FWBU): 024 7696 7427

FWBU is open for pregnant mothers who may be referred if problems have been identified by the midwife or consultant. Pregnant women can self-refer to FWBU if they have any concerns about their baby's movements.

Patient Information

You can bring one birth/ support partner with you to your appointments at FWBU. They must be well and have not had contact with anyone who has tested positive with COVID-19 in the last 14 days.

FWBU is open from 8am to 8pm, Monday to Friday, and 9am to 5pm on weekends.

Fetal Medicine Unit – Important information for women with COVID-19

If you have symptoms of COVID-19 or have tested positive, the recommendation is:

- Only come to hospital when you are in established labour
- You will be cared for in a separate area by a team of dedicated midwives to help keep you and others safe.
- You and your baby may have extra monitoring to make sure everything is going well.

Labour and birth care: Birth partners:

We know how important it is to have support during birth.

- When you come to hospital in labour, your chosen birth partner can stay with you throughout.
- They can be with you in the Labour Ward, the Birth Centre and in theatre if needed.
- Your birth partner must be well and must not have recently been exposed to COVID-19.
- We kindly ask that they stay with you and do not leave the unit once they arrive.

Birth choices

We are happy to support all birth choices just as before COVID-19.

You can choose to:

- Have a home birth
- Give birth in the Lucina Birth Centre
- Choose a water birth
- Birth on the Labour ward

Patient Information

- Opt for a planned caesarean section
- Use epidural or other pain relief options.

We encourage you to discuss these choices early with your midwife or obstetrician so that you can understand birth choices in context with your health and well-being and the progress of your pregnancy.

For more information or to talk through your options, please contact your community midwife.

Important note: If you test positive for COVID-19 or have symptoms that suggest infection, national guidance recommends avoiding water birth and home birth. In that case, we would care for you on the Labour Ward for your safety and that of your baby.

When labour starts

If your contractions start, your waters break, or you have any concerns at all, please call us on:

Labour Ward Triage: 024 7696 7333 (available 24/7)

A midwife will talk to you and advise what to do next.

Early Labour at home

If everything is progressing normally and it is safe to do so, we recommend staying at home during early labour. This can help you stay more relaxed and comfortable. During this time:

- You should keep hydrated
- Try different positions to stay comfortable
- Make sure you are passing urine regularly.
- You may find paracetamol (1g = 2 tablets) helpful. You can take it every 4 - 6 hours (maximum 8 tablets in 24 hours).

You can call us back anytime if things change or every 4 hours for advice and updates.

Patient Information

If you need an induction

If your labour needs to be induced, we will talk to you about what's best and arrange a date to come in.

- Sometimes, you might start the induction in hospital and return home to see if labour starts.
- If that's not suitable, your induction will begin on the ward, where visiting hours are 11am- 8pm.
- Once your labour is established, your birth partner can stay with you at any time.

After your baby is born

Our aim is to help you and your baby get home together, safely and as soon as possible.

- Some families can go home as early as 2 hours after birth (if there are no complications and no surgery was needed).
- If you are on the Labour ward or in the Lucina birth centre, your birthing partner can stay with you for the entire time.
- If either you or your baby needs extra care, you may be moved to one of our ward areas.
 - In this case, visiting hours apply (11am – 8pm)
 - Your birth partner will need to leave outside visiting hours, but they can return to collect you once you are ready for discharge, even if it is out of visiting times.

While visiting is limited, friends and family are encouraged to keep in touch. You'll be able to make phone calls from your hospital bed, including to landlines.

Postnatal care: what to expect after birth

Your midwifery team is here to support you and your baby during those important first few weeks at home. Below is a guide to what usually happens during your postnatal care:

Day 1 - Your first day at home (primary visit)

A midwife will visit you at home from your midwife team.

Patient Information

They will:

- Check your physical and emotional wellbeing
- Assess your baby's health
- Discuss feeding and answer any concerns you may have.
- Work with you to create an individual care plan based on your needs.

Day 3: Ongoing support

A face to face appointment may be arranged if needed.

- If your baby is feeding well and there are no concerns on Day 1, your next visit will usually be on Day 5.
- If you are worried about feeding and don't have a scheduled appointment, please call the **postnatal ward: 024 769 67315**.

Day 5: Newborn screening and check-up

Your midwife will:

- Invite you to a local clinic or may visit you at home
- Offer your baby the Newborn Blood Spot Screening Test (NSST).
- Do a full health check for you and your baby.

If you are isolating due to illness, please limit the number of people in the room. The screening will still go ahead safely.

Day 14: Final midwife appointment

You will be seen in a dedicated clinic. Your midwife will:

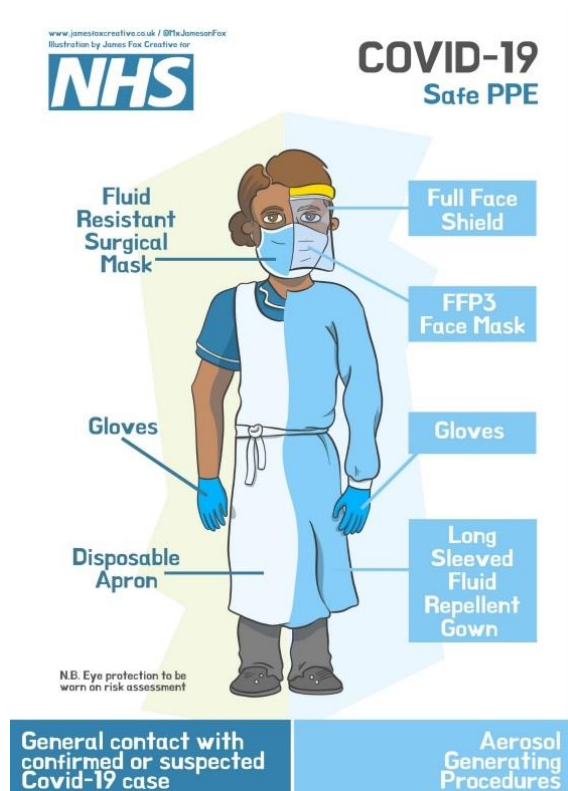
- review your physical and emotional wellbeing
- Talk about how your baby is feeding.
- Offer support and answer any questions
- If you and your baby are well, your care will be transferred to your GP and Health Visiting team.

Even after discharge, you can still contact your midwifery team for support any time up to 28 days after the birth of your baby.

Patient Information

Personal Protective Equipment (PPE)

Here is an example of the PPE you can expect staff to be wearing during your stay with us if you have Covid-19.



Hand Hygiene


Please use the **hand gels** provided or **wash your hands** when you come to our hospitals. **Masks and hand gel are available at Maternity reception for you to use if you have forgotten your own and need them.**

Please use hand gel in all ward areas, especially, when moving from your bed space to shared areas, such as when getting meals or using drinks machines, and when moving between ward areas.

Patient Information

Visitors must also use hand gel and wear a mask when they arrive at UHCW NHS Trust. This must be done before they are given a visitors pass.

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



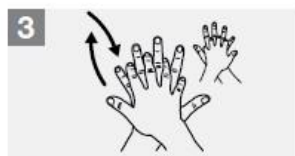
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



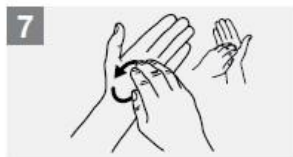
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



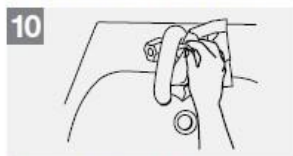
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



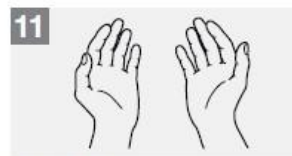
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

For more information:

For urgent enquiries, please contact 024 7696 7333.

For further questions about COVID-19 maternity care, we are happy to receive your questions by email at:

MaternityCOVIDQueries@uhcw.nhs.uk

Please scan the QR codes below with you smart phone camera or QR reader for useful online contacts



This code will take you to the website of the Royal College of Obstetrics and Gynaecologist's where you can find up to date **information for pregnant women.**



This code will take you to an information video from NHS England.



This code will take you to the UHCW **virtual tour** which will show our facilities.

Please note this was filmed before COVID-19.

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



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