

Coronavirus (COVID-19) and your Pregnancy

Frequently asked questions

For symptoms, preventative measures and what to do if you think you have Coronavirus (COVID-19) please see the Coronavirus section on the UCLH homepage.

There is regularly updated information about Coronavirus infection and pregnancy on the The Royal College of Obstetricians and Gynaecologists website below. Please read this before contacting us with any questions.

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

We have also answered more UCLH-specific questions about your ongoing care:

Q1: What do I do if I miss appointments because of self-isolation?

Pregnant women who are due to attend routine maternity appointments should **email uclh.antenataladminquiries@nhs.net to inform the antenatal department** that they are currently in self-isolation for possible/confirmed Coronavirus (COVID-19), and reschedule their appointment.

If your midwife or doctor advises that your appointment cannot wait, the necessary arrangements will be made for you to be seen. For example, you may be asked to attend at a different time, or in a different clinic, to protect other patients.

Q2: What do I do if I become concerned about the wellbeing of my unborn baby or myself during self-isolation?

If you have concerns about the wellbeing of yourself or your unborn baby during your self-isolation period, **contact the maternity helpline on 020 3447 9400 and choose option 2.** They will provide further advice, including whether you need to attend hospital.

If attendance at the hospital is advised, pregnant women are requested to travel by private transport where possible. If an ambulance is required, please inform the operator that you possibly have Coronavirus (COVID-19).

On arrival in EGA, **please report to the security reception and inform them that you may have Coronavirus (COVID-19).**

Q3: Where will I give birth to my baby if I test positive for Coronavirus?

If you test positive for Coronavirus, you will need to give birth on Labour Ward as we will need to monitor you and baby closely. You will be placed in an isolation room and the staff will wear some protective equipment through your care.

Q4: How will I give birth?

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There is currently no evidence to suggest you cannot give birth vaginally or that you would be safer having a caesarean birth if you have suspected or confirmed coronavirus. Therefore, your birth plan should be followed as closely as possible based on your wishes.

However, if your respiratory condition (breathing) suggested that urgent delivery would be needed, a caesarean birth may be recommended.

Q5: Can I still receive pain relief during delivery?

There is no evidence that epidural or spinal analgesia or anaesthesia is contraindicated in the presence of coronaviruses. There is no evidence that women with suspected or confirmed coronavirus cannot have an epidural or a spinal block.

Entonox can be used as normal.

This is to make sure that you are aware of the pain relief options available to you.

Q6: Is delayed cord clamping still recommended following the birth of my baby?

Given a lack of evidence to the contrary, delayed cord clamping is still recommended following birth, provided there are no other contraindications. The baby can be cleaned and dried as normal, while the cord is still intact.

Who to contact:

For **urgent** queries, please phone the **Maternity helpline on 020 3447 9400 option 2**

For **non-urgent clinical** queries, please email uclh.enquiry.midwifequeries@nhs.net

For **appointment** queries, please email uclh.antenataladminqueries@nhs.net

For **scan** queries, please email uclh.obstetricscanqueries@nhs.net