Dear clients and partners,

Following the adjustment of measures with regard to Covid-19 in the country, there are also adjustments in our current obstetric care. The profession has looked into the possibilities of relaxing our care while maintaining medically responsible and safe care. We would like to inform you about this through this letter.

• The pregnancy checks at the practice will resume as before. There is time and space for questions and we take the time to provide you with information. This means that the telephone consultation prior to the check will be cancelled. In practice we try to guarantee the 1 ½ meter distance as well as possible and we strictly adhere to the hygiene measures.

 This remains important: do not come to our practice if you experience one of the following complaints:
• Cold complaints.
• Cough.
• Temperature rise > 38 degrees.
The general advice then is to stay at home until you have fully recovered and to keep your distance from other people. In case of complaints or doubts about complaints, please contact the practice.

• The minimum control schedule is maintained. We only do the checks at the practice that are medically necessary. However, 2 telephone checks at 22-23 weeks and at 33 weeks have been added.

The intake interview, including the consultations with regard to prenatal screening, the NIPT and 20 weeks ultrasound will for the time being continue to be done by telephone.

• A bath delivery in the home situation is possible. We expressly ask you to let yourself be properly informed in advance by your own midwife. It is not yet possible to give birth in the bath at the Spaarne Gasthuis, because here the rules set by hospital hygienists apply.

• We will resume maternity visits at your home. During the maternity period we will do one maternity visit at home. The other visits we will do by phone, as we have done during the past few weeks. It goes without saying that we are easily accessible 24/7 for consultation and we will come by if this is desirable or medically necessary.

• The spiral consultation hour is restarted. Before placing or removing a spiral, you can contact the practice again.

Unfortunately: all checks, including the ultrasounds, intakes and extensive consultations, are still done without a partner and without children. **We therefore expect that you will always come the practice or the ultrasound center alone.** We all think this is the most difficult measure, because we realize very well how exciting and great these checks are for you together. However, the professions of Obstetricians and Gynecologists think that it is really too early to admit several people to these examinations.

Nothing will change in this region for deliveries and consultations at home. The choice for a home or hospital birth remains. We come to your home, or accompany you to the hospital, if necessary or desired. Only your partner is allowed, others are not. So unfortunately no mother, girlfriend, Doula or birth photographer can be present at the delivery.

For pregnant women who are suspected of or have tested positive for Covid-19, we have sufficient protective equipment if a check at home is required. If you are going to give birth, the birth team of the Spaarne Gasthuis will be ready for you with the right medical care. If your partner has complaints that are suspicious for Corona, he may still be present at the delivery, but he will then have to wear a mask and keep away from the care providers.

Furthermore, it remains very important that you always contact us if you have questions or complaints. Do not wait (because of fear of Corona, because it is the weekend, or because there is no consultation hour, etc.), but always call the midwife on duty.

Are you worrying a lot about Corona, do you have a lot of negative thoughts, do you feel stressed, anxious or tense? A number of communities for pregnant women with tension complaints are being set up in Haarlem. These will start in May and June. The communities will be led by an obstetrician and a psychologist.

For questions about the content of the communities, you can send an email to mamakits@prezens.nl. Write your phone number so that you can be called back.

So much for the adjustments in obstetric care. We hope again for your understanding and hope that we can guide you in our own familiar way again soon.

Midwives Cooperative Haarlem en Meer