

Dear clients and partners,

As a result of the adjustments of the Corona measures in the country, we must adapt the measures in our current obstetric care. The adjustments are minimal, because we were already almost at the maximum level. The new adjustments are highlighted in [blue](#). All measures already in force are clearly listed in black.

We realize that these measures are not pleasant for you, but through these measures we keep the obstetric care in Haarlem and Haarlemmermeer at the right level. And in this way we can continue to take good care of you.

The adjustments apply from today and as far as is now clear, until January 19.

Pregnancy Checks:

- As a pregnant woman, come to your regular appointments alone. Your partner may participate in the consultation at any time via video calling or by telephone.
- The intake interview is preferably by telephone or video calling. This way you can still experience the intake together with your partner.
- During a 35-week consultation (discussing childbirth) you may still come together with your partner, or (for singles) with a permanent birth partner.
- We as midwives will wear a mask during the consultation hour.
- We also ask you to wear a mask during the entire consultation. Bring your own mask. This also applies to (birth) partners.
- At the practice we try to guarantee the 1.5 meters distance as well as possible and we strictly adhere to the hygiene measures.

For appointments at the Spaarne Gasthuis, your partner is asked to wait outside the hospital. Due to the Corona measures, it is impossible to guarantee the 1.5 meter distance to other people if everyone takes someone with them. This is especially a problem in the waiting areas and the central hall. Of course it is always possible to call in during the conversation or during the ultrasound. Telephone or video is no objection. For pregnant women, an exception has been made to the above agreements for the first ultrasound, the 20-week ultrasound and the consultation about the delivery. An exception is also made for bad news consultations.

Echoes:

- All ultrasound practices in the area have decided to only allow the partner admission for an ultrasound in connection with blood loss, a periodical ultrasound and the 20-week ultrasound. **For ultrasounds for any other reason, we ask you to come alone.** Of course, your partner is welcome to participate in the ultrasound via video calling.
- [Adjustment:](#) Fun echoes are not possible during the current lockdown.
- The sonographer will wear a mask
- We ask you to wear a mask during the ultrasound. **Bring your own moth mask.** This also applies to the partner.

Childbirth:

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, and we will accompany you to the hospital if necessary or desired. **However, there is an urgent request for the partner to wear their own mask**

when the care provider is in the room. The midwives will also put on a mask during labor. If your partner has complaints that are suspicious for Corona, he can still be at the delivery, he will have to wear a mask and keep a distance from the care providers. **Let us know if there is any suspicion.**

As it stands, it is still possible to admit a third person to your delivery. Consider carefully whether this is really necessary for you. **Adjustment:** Were you planning to have a third person with your delivery? Discuss this with your midwife. This applies both at home and in the hospital. Unfortunately, visits after delivery are not possible.

Maternity:

Adjustment: We do **1 maternity visit** at home during the maternity period. We do the other visits by telephone. It goes without saying that we are accessible 24/7 for consultation and we will visit you if this is desirable or medically necessary.

The maternity care organizations ask you to restrain the number of visitors during the maternity week when the maternity nurse is present. This for the sake of the newborn, the family, but also for the maternity nurse. Conditions for visits are: 1.5 meters distance must be possible and the maternity family ensures that visitors with complaints do not come to visit. **The preference remains that the maternity visit comes when the maternity nurse is not at home.**

It remains important at all times: you and your partner will not come to the practice, hospital or ultrasound center in case of the following complaints:

- Cold complaints (such as cold, runny nose, sneezing, sore throat)
- Cough
- Distress
- Temperature or fever
- Sudden loss of smell and / or taste (without nasal congestion)

The general advice is to stay at home in case of complaints and to get tested.

Adjustment: **If you are pregnant over 37 weeks and you have complaints, call your midwife. We will look at how we can get you tested as soon as possible.**

Tested positive for Corona or suspected?

For pregnant women who are suspected or tested positive for Corona, we have sufficient protective equipment should a home check be necessary. **Let your midwife know.** Consult with your midwife to see whether a check-up is necessary or can be postponed. If you are going to give birth, your midwife or the birth team of the Spaarne Gasthuis will be ready for you with the appropriate medical care.

It remains important that you always contact us if you have any questions or complaints during your pregnancy. 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. We are ready for you! Do you experience a lot of stress or loneliness during this period? Talk to your midwife about it. She can possibly put you in (online) contact with women experiencing similar feelings.

We wish everyone a Merry Christmas despite everything
On to a beautiful and healthy 2021!

Midwives Coöperatie Haarlem en Meer

