

## Hawke's Bay Maternity Services in Level 3

Maternity services will allow one designated support person with a birthing mother throughout their stay at Alert Level 3, otherwise the service remains as it was in Alert Level 4.

### Antenatal Care

- If you think you are pregnant or have confirmed that you are pregnant please find yourself a midwife – you can do this by going to the [Find your Midwife website](#). If you have difficulty finding a midwife please contact the DHB community midwives by contacting the DHB call centre on 06 878 8109 and asking for the community midwives.
- It is important that you link with a midwife early in your pregnancy, even if you can't meet face-to-face, to ensure that you receive the early pregnancy screening and health support to ensure a healthy pregnancy.
- Your LMC/community midwife will provide you with expert care throughout your pregnancy, birth and postnatal period to keep you and your baby well.

Some of your pregnancy care will be face-to-face and some will be done by telephone or video calling and your midwife will discuss with you how this will work. Your midwife (or her back-up) is available 24 hours a day for emergency issues and during normal working hours for your queries and concerns.

- Antenatal Clinic (Te Kakano) is continuing with virtual consultations. Your midwife will refer you to the clinic and this referral will be looked at by a consultant obstetrician and a plan made for your care.
- You may receive a phone consultation from the Obstetric consultant or registrar or you may be asked to attend the antenatal clinic face-to-face. You can expect a phone call before your appointment to ensure you are well and not experiencing any symptoms of COVID-19.
- The Day Assessment Unit continues to run for those women who require extra monitoring during their pregnancy. This might be done over the phone or by video calling. If you need to be seen face-to-face, an appointment will be made for you to attend. Please enter through the door at gate 4 Canning Road.

### Maternity Ultrasounds

- Maternity ultrasounds are continuing but in a different way – essential maternity scans for early pregnancy screening are performed at 11-13 weeks and an anatomy scan at 20 weeks. Your midwife will refer you for these. If there are any concerns in your pregnancy that require an extra ultrasound your midwife will organise this for you.
- To ensure the safety of the sonographer your ultrasound appointment will last a maximum of 20 minutes and be focused on getting all the information required in this short timeframe. **No support people are able to attend your scan.**

### Accessing and care provision at Ata Rangi/Waioha Maternity

- Maternity services in Hastings are fully open. When you arrive, please come to the door at Gate 4 Canning Road (Ata Rangi Labour and Birthing suite door). Please press the intercom and you will be asked the screening questions for COVID-19. We will take your temperature and that of your support person before you come in.

If you arrive at the main entrance, you will be asked to walk around to the Labour and Birthing suite door.

- We appreciate a phone call prior to your arrival in labour or if you have a pregnancy problem, especially if you have any symptoms of COVID-19 so that we can be prepared for your arrival.
- Please discuss with your midwife as to where the best place is for you to have your baby. Homebirth is a safe option for low risk women and babies but we will ensure you are completely safe in the hospital environment as well.

### Restricted visiting policies

- Restricted visiting continues during level 3 at all HBDHB facilities.
- **We welcome one support person to be present during labour and birth and postnatal stay.** It is important that your support person has no symptoms of COVID and their temperature will be checked.
- **Your support person is able to stay with you throughout your time with us, in your room at all times.**
- **No other visitors will be allowed to see you in hospital** but we encourage you to make use of the free hospital wi-fi to show off your baby to the world.
- Wairoa women and support person – if you are planning to birth at Ata Rangi your support person is welcome to be with you; if you require antenatal acute assessment please talk to your midwife regarding options for accommodation for your support person whilst in hospital.
- **C-Sections: all women who have been screened as negative for COVID-19, who require an elective or emergency C-section, can have their support person with them in theatre and to stay postnatally.** If a woman has suspected or confirmed COVID-19 the support person will not be able to go to theatre but will be able to stay postnatally as long as they are well.

### Postnatal Care

- When you go home from hospital your community/LMC midwife will check up on you and your baby. Some of these visits will be face to face and some of these will be via the phone or video calling. Please don't hesitate to contact your community/LMC midwife if you have any concerns or queries

### Special care baby unit (SCBU)

To ensure the protection of our most vulnerable babies within the SCBU unit, only mothers with no symptoms of COVID-19 are able to visit SCBU at this time. If you are unwell, please talk to your midwife around how we can best support bonding with your baby if they require time in SCBU.