

To all clients of Lichtstad Verloskundigen

Subject: Update Coronavirus 10-05-20

Dear clients,

Last Friday it was announced how obstetric care in the south-east Brabant region can be expanded again. In consultation with the gynecologists of the three hospitals in our region and in coordination with the ROAZ (Regional Consultation Acute Care) the following has been decided:

- A number of ultrasounds are allowed with partner again. These are: the vitalityecho (7-8 weeks), echo to determine the due date (10-12 weeks) and the SEO/GUO (19-20 weeks)
- The partner may be present during a hospital delivery, not a third person.
- In the case of a home birth, an additional person, next to the partner, may be present..
- All consultations in pregnancy are possible again but without a partner.

It has been decided to start up cautiously for our region because our region has had more cases of COVID-19 infections than is the case nationwide.

Overview checks in pregnancy

- 7-8 weeks: vitality echo (medically not necessary, on client's wish)
- 8-10 weeks: first appointment with midwife
- 10-12 weeks: echo for due date
- 12 weeks: blood pressure, baby/uterus growth control
- 16 weeks: blood pressure, growth control
- 20 weeks: echo and consult for blood pressure and growth control.
- 24 weeks: blood pressure, growth control
- 27 weeks: blood pressure, growth control
- 30 weeks: blood pressure, growth control
- 32 weeks: blood pressure, growth control
- 34 weeks: blood pressure, growth control,
- 35-36 weeks: Echo for position baby in uterus
- 36 weeks: blood pressure, growth control
- 37 weeks: blood pressure, growth control
- 38 weeks: blood pressure, growth control
- 39 weeks: blood pressure, growth control
- 40 weeks: blood pressure, growth control
- 41 weeks: blood pressure, growth control

What remains unchanged

- We ask you to come alone to the appointment with the midwife. Video conference is of course always allowed.
- Disinfect or wash your hands when entering the health center.
- **If you have a cold, if you have to cough or if you have a fever, call us so we can re-schedule your appointment.**

Childbirth

- The choice between home birth or hospital birth remains. At the moment there are no capacity problems in hospitals in our region.
- When you give birth in the hospital, only one person may be present at birth (and at all in the hospital), so extra people are not allowed, neither in the hallway or anywhere else in the hospital.
- Maternity visits immediately after giving birth in the hospital are not allowed either.
- If you have to stay in the hospital, after giving birth, the rules that are applied in the hospital apply.
- **If you or your partner need to cough or if you have a fever at the time of childbirth, please indicate this to us in time so that we can take our precautions.**

Maternity period

- In the first week after childbirth we come by at least once, and of course more often if necessary. We will do about 4 checks by phone to give you the needed information and support the maternity nurse in her care.
- Maternity care organisations ask you not to receive visitors while the maternity nurse is present.
- The hiepriek and hearing screening are being carried out.
- **If you or your partner have a cold, you need to cough or have a fever, call us and the maternity care organisation.**

General

For frequently asked questions about corona, you can visit the website of the RIVM:

<https://www.rivm.nl/en/novel-coronavirus-covid-19/novel-coronavirus-covid-19/questions-and-answers#039;s%20Novel%20coronavirus%20in%20China>

Of course, we stay available 24/7. Don't hesitate to call us with your questions and concerns: 06-21531010.

All telephone consultations that are still in our agenda will turn into consultations on the practice. Brigitte will call the relevant clients to ask if the time is still appropriate

Kind regards,

Lichtstad Verloskundigen
Connie Laarakkers, Marjolein Maas en Anne Nijland-Delmee (midwives)
Brigitte Broers (assistent)

