

Family Midwifery Care Updates

We are excited to bring some new updates regarding changes to pandemic safety regulations. Staff at Family Midwifery Care continue to take all recommended precautions during the Covid-19 pandemic to ensure safe care during the prenatal and postpartum period, as well as labour and birth for all of our clients.



For Prenatal Care:

- Starting sometime in September-October, **prenatal visits will be in-person**. We will no longer be doing routine virtual visits.
- You will be able to bring **one support person with you for the visits**.
- We will continue to follow the World Health Organization recommended visit schedule during the pregnancy.
- You and your support person will be asked to wear a mask for the clinic visit.
- You and your support person will continue to be screened prior to attending clinic visits. **Please wait in your vehicle to be screened over the phone, someone from the office will call you.** If you do not have a vehicle please come into the clinic and check in at the front desk.
- **DO NOT** come to the clinic if you are sick or in isolation.

For Labour & Delivery:

- You may have **one support person** with you in triage, prior to admission to hospital.
- You may have **two support person** with you in labour (home or hospital)
- You and your support person will be asked if you have symptoms of COVID-19.
 - If you have symptoms when you are in labour, hospital birth will be recommended and you will be put in a special isolation space where staff will wear additional protective equipment.
 - If your support person has symptoms, they will not be allowed to be with you in labour. This is essential to protect others, like midwives and the other pregnant people and babies we care for.



- Your midwives (as well as nurses and doctors) will be wearing appropriate PPE.
- **Pain relief** options include: epidural, nitrous oxide (laughing gas), hydrotherapy (tub/shower).

At Home:

Homebirth continues to be a safe option for low risk births. All of the above rules apply.

At Guelph General Hospital Family Birthing Unit (FBU):

Hospital birth continues to be a safe option for births. All of the above rules apply.

- You can **ONLY** enter through the **MAIN** door at the side of the hospital and will be screened for symptoms before going up to the Family Birthing Unit.
- You can have **two designated support persons during postpartum**, with one allowed at the bedside at a time. The designated care partners can change daily.
- **Both parents can be at the bedside of special care nursery** and paediatrics. OR one parent and one designated support person per admission.

Recommendations change often as we continue to learn more about COVID-19. We will share any changes with you as they happen.

Thank you for your patience and flexibility as we make the transition back to in-person clinic!

Administration and Midwives at Family Midwifery Care