

To all pregnant mothers, mothers of new born babies and partners of our practice

Hereby a new update in response to the press conference held on 31 March.

This update gives additional information to the previous updates, in particular that of 18 and 25 March. Please take the time to read this information fully!

The measures which we have had to implement, in consultation with KNOV, RIVM, NHG and GGD, will remain until 28 April with a possible extension till 1 June.

There is a lot asked of you and of us to keep each other protected and healthy. This is sometimes sad and painful, but it is necessary and we are aware that you have a lot of understanding about this situation and for this we are truly thankful. Thank you so much!

Only together can we care for a good and safe birth care and stop the spread of the corona virus as quickly as possible so everything can return to normal. Therefore it remains important that you call us if you feel uneasy or have any questions you need answered. It is important that we can work things out together and this enables us to know and evaluate how you are coping.

The most important things are:

Do **NOT** come to the practice if you have any corona related symptoms such as cough, sore throat, difficulty breathing and/or a fever. In that case **PHONE** us and we will discuss with you what is best for you to do at that moment!

Pregnancy: Only the medical necessary echoes and controls are proceeding as normal. We ask you to come **alone**, WITHOUT partner or children, to the practice or the echo centre. You may, of course, let them experience the control via video phone or Skype and you may also make films.

The initial appointment for the answering of questions and to discuss the birth plan will be done via the telephone to limit the physical contact time.

Make sure that you are available via the telephone for us!

The control scheme as prepared by the KNOV, RIVM and GGD remains:

10-11 weeks periodic echo, 16 weeks control, the 20 weeks echo, 22 weeks phone appointment, 27 weeks control, 31 weeks control, 33 weeks phone appointment, 35 weeks control and thereafter every other week. It will always be discussed with you if it is medically necessary to deviate from this scheme.

Heart consultations, centering pregnancy, information evenings, post-natal controls and the placing of spirals appointments are all cancelled.

Post natal visits: These will be held as far as possible via the telephone unless it is medically necessary then we will make a house visit. This of course is always in discussion with you! Maternity visits to see the baby are strongly discouraged for protection of you, your new baby and the maternity assistant. Please take the time to read the directives of the maternity centre.

The birth: In our region it is still possible to choose yourself where you will have the birth: at home or at the hospital. You may only have one assistant at the birth (provided that person does not have any symptoms) and in the hospital you may not have any visitors. *Consider to have a home birth if you have no indication to have the birth in the hospital, to keep the unneeded contact in the hospital to a minimum.

Medical pain relief: The anesthetists at the hospital are very busy with corona patients. This means if you wish an epidural during the birth, it will be taken into consideration at that time if this is practically feasible.

The “remifentanil” pump can be an alternative for this. See also: www.deverloeskundige.nl/over-de-verloeskundige/subtekstpagina/187/bevallingspijn

See our last news letter at <https://delekbrug.nl/wp-content/uploads/2020/03/Corona-brief-clienten-25-maart.pdf>

Dear All,

Stay home and stay healthy! We wish you all the best with everything that is coming your way and do not forget to enjoy the little miracle that is in your womb!

We are always there for you if you need us, even if that is at a distance, but we are still close to you. We are available by phone at 088-4300430 (not emergency) or via email info@delekbrug.nl.

Stay in contact for any new updates via our social media and messaging via the mail/website!

All the best from us all,

Team North (Imke, Annemarijn, Elise, Sanne and Mirthe)

Team South (Martine, Hélène, Tessa, Marissa, Marijke and Elke) and
our team of practice supporter (Irma, Anja, Marga and Connie)