

Corona update 10 May 2020

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



As you probably have read, after the press conference on 6 May, there are finally major changes within the corona rules which bring the possibility of changes in birth care. These changes in combination with the 1.5 meter distancing rule mean, especially for the consultation hours, some necessary adjustments.

We find it quite tense about how we can bring this into practice, such as the social distancing of people in the waiting room! ATTENTION: The hospitals also have their own policy! It remains extremely important to slowly and calmly expand to keep the risk of contamination as low as possible for you and also for us.

We are going to implement the following easing of rules with respect of the 1.5mtr policy:

- Partners are again welcome at the echo/ultrasound! ATTENTION: The advice is clear: come as far as possible ALONE, the reason for this is to prevent an overload of the capacity in the waiting rooms. If you wish, your partner is welcome to the echo/ultrasound consultations. This does not apply (yet) for others (e.g. children, grans and grandpas).
- The echos without medical indication can also continue again. You can approach the echo/ultrasound centre for the 'fun' echos (pretecho). You will receive notification about the growth and position echos which take place during the consultation hours.
- If you have a telephone appointment planned for 33-34 weeks it is again possible, if you so wish, to come personally to the consultation hour. If you have a preference to have a telephone appointment that can of course be arranged. We shall contact you about this.

ATTENTION: The telephone appointment at about 23 weeks stays for the time being as a telephone call.

- From 1 June, postnatal controls (approx. 6 weeks after the birth) can again be planned, depending on the situation at that moment!

control schedule per 11 mei:

8 wk vitality echo	with partner
10-11 wk term echo	with partner if desired
16 wk consult	
19-20 wk-echo SEO	with partner
23 wk Telephone appointment	
27 wk consult	
30-31wk consult (and growth-echo)	(with partner if desired)
33 wk consult or telephone appointment	

35-36 wk consult and echo to check position	with partner if desired
37-39-40wk controle	
41wk controle en evt strippen	met partner indien gewenst

What remains the same: do NOT come to the practice if you have a cold or other corona-related symptoms (cough, fever) in this situation please telephone us. Also your partner may not have these symptoms when he/she comes with you! **Give each other the space and keep 1.5 meters apart.** Each location has different possibilities in relation to the size of the waiting room. If it is not possible to keep to the social distancing in the waiting room then you should wait outside in the car, then we will call you when it is your turn. (STAY THEREFORE AVAILABLE!) At our locations Podiumweg IJsselstein and Louis Armstronglaan Leidsche Rijn could you please report to the assistant/receptionist. We will ask you to disinfect your hands before you go into the room.

In reference to the home birth, if you so wish, you may have 1 another person in addition to your partner to be present at the birth but **ONLY AFTER CONSULTING WITH US**. There has to be enough room to keep the social distancing. Here too we ask you to have restraint. For births at the polyclinic the guidelines of the concerned hospital apply. These, so far is now known, have **NOT** been changed. We will keep you informed of any changes.

It is not yet known when easing of the visits to see the new baby will be implemented. This shall be in consultation with the maternity care organizations. We will visit you at least once, but always with your approval. The other contact moments will be by phone.

ATTENTION! If it becomes apparent in the coming weeks that there are more infections again, we may be forced to adjust the care again.

Motto: Give each other the room and space!

Treat each other with care, keep your distance and come where possible alone! Then we can have good hope that we can expand our care for you in a fine and good way! Out of love for the dearest!

If you have questions about the changes then we should be obliged if you would do this via an email via info@delekbrug.nl

If you have questions or doubts about your pregnancy then you can, of course, phone us at 088-4300 430.

Best wishes from the midwives and assistants of De Lekbrug