

December 16, 2020



To all pregnant women and partners of our practice

We would like to give you an update in connection with the stricter measures / lockdown regarding the corona virus. It is good to know that there are yet no changes in our obstetric care. We apply the RIVM guidelines, the advice of our professional association and the agreements made regionally. Obstetric care always continues, even during a lockdown. The measures that have been in place for some time will continue to apply.

Here again the most important guidelines:

Consultation hour :

- Come ALONE to your check-ups. Where necessary, we schedule a telephone consultation with you
- Partners are welcome at appointments with ultrasound. Children or others are unfortunately not welcome
- We wear a facemask and ask you to do the same
- Information evening online

Delivery / home visit:

- NOTE: for all concerns/questions you would normally call us for; do that now also!
- You can give birth at home as well as in hospital, consider at home if you have no medical indication.
- There can be 1 person at the delivery (usually partner) at this time. We follow the guidelines of the relevant hospital or birth center. With a home birth only in consultation with us a second person is allowed and only if 1,5mtr distance can be kept.
- If you want pain relief during childbirth, this can be given in the hospital

Maternity period:

- In principle we visit home once, we also do telephone checks. This always if medically justified and in consultation with you and the maternity nurse.

Do NOT come to the practice if you have corona-related complaints, but call us to discuss what is advisable. Get tested and stay at home. Even if you have to be quarantined due to a (possible) contamination of a family member/housemate or close contact: call us to reschedule your appointment!

We do everything we can to protect you and ourselves against possible contamination and / or a quarantine period. As a pregnant / maternity woman you want to run as little risk as possible and we also want to prevent ourselves from falling out: only then can we continue to offer optimal care and be there for you when necessary!

Feel free to call us if you have any concerns or questions, we are available 24/7!

088-4300430 or [info@delekbrug.nl](mailto:info@delekbrug.nl). You will always find the latest updates on our website [www.delekbrug.nl](http://www.delekbrug.nl). You can also join us at facebook or instagram.

Dear all, stay healthy and take care of each other!

Sincerely,

Midwives and assistants from De Lekbrug