

Frequently Asked Questions Regarding Obstetric Care at Mount Auburn Hospital during the COVID-19 Pandemic – Updated 3/3/21

How have the policies on Labor and Delivery changed in regard to support persons and visitors?

Two healthy, consistent support persons may be with a patient during labor and birth; for the safety of patients and their babies, we ask patients to think carefully about who accompanies them. Doulas are considered one of these two labor support persons.

On admission to Labor and Delivery, patients will be asked to identify their support persons.

- Support persons will be actively screened and permitted to enter Labor and Delivery ONLY IF:
 - They feel well (no fever, cough, shortness of breath or other symptoms)
 - They have not had any known exposure to COVID-19 in the last 2 weeks
- Anyone entering the unit will have their temperatures checked at entry sites.
- If any support person screens positive for symptoms of influenza like illness (ILI) or COVID-19, they will be asked to isolate at home immediately. In this instance, an alternate support person may be considered on a case by case basis.
- All patients, staff and support persons will be required to wear a MAH supplied surgical mask at all times. Failure to wear a mask may result in a support person being asked to leave the unit.
- Support persons should remain with the patient in their room at all times, unless there is a medical reason to separate them. Support persons should not congregate in common areas of the hospital and are not permitted in the nutrition areas.

Following delivery, one of the support persons present for delivery may remain with the patient throughout their entire postpartum stay.

- This support person will receive the 2nd baby band to identify them; there is no exchange allowed of this support person.
- In order to limit exposure of the mother and baby, this support person is encouraged to remain in the hospital for the duration of the patient's stay
- If the support person must leave, they may return as a "visitor", following the recently updated Inpatient Visitor policy.
- Highlights of the recently updated MAH Inpatient Visitor policy include:
 - **Inpatients may have one visitor per day, between the hours of 12pm-2pm or 5pm-7pm.**
 - **Visitors must wear a MAH provided surgical mask, fully covering their nose and mouth at all times**
 - **Visitors must remain in the patient's room at all times, unless otherwise instructed by staff**
 - **Visitors may not eat or drink in patient rooms**
 - **Visitors should practice social distancing from others (at least 6 feet) while in the hospital**
 - **Children under the age of 18 are not allowed to visit, unless they are visiting a parent or sibling and are at least 12 years of age. Children under age 12 are not allowed to visit due to infection control risk.**

Will I be tested for COVID-19?

- We encourage all patients to be tested for COVID-19.
 - If you are scheduled for an induction of labor or cesarean section, your primary obstetric provider's office will arrange for outpatient COVID-19 testing a few days before your arrival to Labor and Delivery.
 - If you are not delivered by your due date, your provider's office will arrange for you to have outpatient COVID-19 testing before your arrival to Labor and Delivery.

- If testing has not already be done when you come to the hospital and the decision is made for admission, it will be performed on Labor and Delivery.

What should I bring when I go to the hospital?

- If the likelihood is high that you will be staying at the hospital once you arrive, you should bring everything with you that you think you will need, including the baby's car seat.
- The hospital will be able to provide you with any basic necessities such as toothpaste/toothbrush, shampoo, etc.
- Remember to bring a charger for your electronic devices.
- You may bring snacks or food to be kept in your room; however rooms do not contain refrigerators. The hospital will provide meals for you and one support person. We cannot provide meals for a second support person, so be sure to ask your second support to bring any snacks or food they will need during your labor.

How can I tour the hospital and take childbirth education classes?

- There is a virtual tour of the MAH Bain Birthing Center at <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/>
- Information about online childbirth education classes is available at <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/a-message-to-our-parents-to-be/>

Are routine circumcisions being performed at the hospital?

- Circumcisions are still being performed at the hospital as long as the baby's parent is not suspected of having COVID-19.

Is help available for breastfeeding/lactation?

- Yes! Prior to arrival we encourage you to take the online breast feeding class. You can find information about these classes using the link listed above
- All of the nurses on Labor and Delivery and the Postpartum Units are trained to help you with breastfeeding. If you and your baby are experiencing difficulty with breastfeeding, Lactation Consultants are also available to help.

Is the baby able to remain with the family during their entire hospital stay?

- We encourage rooming in and family centered care for all mother-baby couplets whenever possible. Healthy babies are not taken to the nursery.
- If you have a cesarean section, there may be a short period of time where you and baby are separated toward the end of the surgery, and as you are getting settled in the recovery room.

When can I go home?

- Usually, patients who have a vaginal delivery are able to stay for 2 nights after their delivery, and patients who have a cesarean delivery go home 3 to 4 days after their surgery.
- If patients wish to go home sooner after delivery, they may be able to leave as soon as 24 hours after their vaginal delivery or 2-3 days after cesarean delivery, depending on their recovery and any other complications.

When can my baby go home?

- The Pediatrics Department at MAH encourages discharge of newborns **after** 36 hours of age.
- Requests for early discharge (between 24-36 hours of age) will be considered by the pediatrician, and will be accommodated if it is thought to be safe.