

Coronavirus testing for pregnant women and new mothers

Will I be tested for coronavirus when I am pregnant or have recently given birth?

Routine Asymptomatic Testing

All women who are admitted to maternity services at any stage of their pregnancy or after you have had your baby will routinely be asked for consent to test you for COVID-19. This is an important step to help us safely manage any risk of COVID-19 transmission regardless of whether you have coronavirus symptoms or not.

Preadmission

- Women who have a planned admission date for elective caesarean section will receive an appointment for testing at one of our Maternity Hubs a minimum of 72 hours prior to planned admission. The Maternity Hubs are based in:
 - Aberdeen Maternity Hospital
 - Ward 3 Dr Gray's Hospital (DGH)
 - Inverurie Community Maternity Unit (ICMU)
 - Peterhead Community Maternity Unit (PCMU)
 - Appointments will be available Monday-Friday in all of our Maternity Hubs
 - Weekend appointments will be available in AMH and DGH

On Admission

- Women who are requiring induction of labour will receive testing when they attend their outpatient appointment in AMH or DGH for the insertion of the Cook Balloon.
- Where there is no planned admission date the testing will take place on the day of admission.

Please Note. If you have had a positive test result for COVID-19 in the previous 90 days prior to admission you will only be tested again if you have developed any new symptoms of COVID-19.

You will not be offered COVID-19 screening if you are being seen as an outpatient in antenatal clinic, ultrasound scan, Day Assessment Unit, Rubislaw Ward or Triage.

Why is it important for me to have the screening test?

Knowing whether someone has a negative or positive result helps the doctors and midwives plan the best care for you. This includes making sure you are placed in the most appropriate areas for your care. It also provides you with information so that

you can protect yourself, your baby and those who you live with. It also helps us to plan and respond to your care and treatment needs whilst keeping our staff safe too.

If you are attending for a planned admission to hospital, it is important that you and your household members self-isolate once your swab has been taken until your point of admission. It is especially important that you avoid contact with anyone who is unwell ahead of your admission date. This will protect you and your baby from the risk of contracting COVID-19.

Symptomatic Testing

The current advice for anyone in the UK is that if they are displaying symptoms of the coronavirus infection, they should book a COVID-19 test. This advice includes pregnant women and new mothers.

The most common symptoms of COVID-19 are new

- Fever/ high temperature (37.8C or greater)
- continuous cough
- loss of, or change in, sense of smell or taste

For more information on how to book a test access the [NHS website](#).

How will I know if I have tested negative following asymptomatic testing?

We will only contact you if your test result is positive. You will not routinely be contacted if your test result is negative. If you have a planned admission for caesarean section or induction of labour you and your birth partner will need to continue to isolate until the point of admission.

If I test positive for coronavirus what does this mean for my birth?

You will be contacted by one of the midwives or doctors to discuss your admission. It may be that we can postpone it, but only if it safe to do so. The health of both you and your baby takes priority.

This may impact the presence of your birth partner if they live with you as they are then required to self-isolate for 10 days and are not allowed to leave the house or accompany you to hospital. The midwife will discuss this with you when you are informed of the result. We are advising pregnant women to have an alternative birth partner from separate household for such times.

Because you have tested positive for COVID-19, your alternative birth partner must understand that they may then also have been exposed to the virus and will have to

self-isolate for 10 days following their attendance as a birth partner. We advise all birth partners who decide to attend under these circumstances that:

- They must not leave the birth room for any reason with the exception of toilet breaks
- They will be asked to wear a mask provided by the hospital at all times
- They must bring their own food and drinks in with them
- They will not be able to go into theatre if this is required in an emergency as there is an increased chance of infection
- They will be asked to leave once your baby is born and you transfer to the ward

This is to prevent the virus spreading within the unit and to the wider community.

Will my baby need to be tested for coronavirus if I test positive?

If you are an inpatient on day 3 following the birth of your baby, we will ask for consent to test your baby for COVID-19. This will be repeated on day 5 for you both if you remain an inpatient.