

Coronavirus (COVID-19) testing instructions for women and support people

Advice on testing you and your support person for Coronavirus (COVID-19)

Why do we need testing?

It is important for everyone's safety that prior to attending maternity appointments, you and any support person attending with you, is tested for COVID-19. The test will ensure neither of you are infected – not all people with COVID-19 show symptoms, but they can still pass the virus on to others. If we know, you have COVID-19 we can ensure you have the appropriate care required.

How do we get the test?

When you call to book your first appointment, you will be text a link (see below) where you can order lateral flow tests for yourself and your support person via the government website. The test kit will be posted to your home address. This is also the link that you will use to report your results.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

The test and self-isolating

The test kit includes a leaflet explaining how to complete the test. Lateral flow tests should be completed by yourself and chosen support person twice a week for the duration of your pregnancy and until your midwife discharges you from her care once the baby has been born. If you have a planned appointment, please test yourself and support person on the day of the appointment (before you attend). You still need to complete the test, even if you have been vaccinated against COVID-19. This will allow us to keep our patients and staff safe. All results need to be reported via the government website; you will then receive a text confirming your result. If your test is negative, then please show your healthcare provider the text when attending your appointment. If your result is positive for COVID-19, then your household needs to self-isolate. Please DO NOT attend your appointment. Instead, call our triage line on 0118 322 7304 so we are able to plan your care going forward. If your support person tests positive, they will NOT be able to attend the appointment. Instead, they must arrange a swab test via the government website. An alternative support person may attend, ideally following a lateral flow test.

If you or your support person has tested positive for COVID-19 in the last three months, then lateral flow testing will not be possible. However, you are still able to attend appointments and we will ensure we continue to socially distance and wear PPE.

Currently, support people are able to attend ultrasounds scans, fetal medicine appointments, emergency admissions, such as labour and visit on the postnatal wards / special care department. We are regularly reviewing support person attendance alongside the NHS England guidelines.

Thank you for your co-operation in keeping you and our community safe.

Compassionate

Aspirational

Resourceful

Excellent