



Information for COVID-19 women in labour (suspected or confirmed)

As a woman in labour, you have the right to a safe and positive birth experience.

To help protect you, your baby and other families and staff at this time, we ask that you please choose only one support person for your labour and birth. This support person will need to wear a face mask and will also need to stay in the birth suite at all times.

During labour:

- you may be asked to wear a face mask
- we will recommend continuous fetal monitoring (CTG monitoring) as this can help detect any potential compromise or stress to the baby from the effects of the virus
- whilst you can access a range of pain relief options, epidural analgesia is recommended and can be offered early in labour. Epidurals are the most effective form of pain relief and they do not increase the likelihood of you needing a caesarean. However, if a caesarean section is needed and you have an epidural already in place and working, this will decrease the risk of needing a general anaesthetic (going to sleep for the caesarean section) and will also decrease the time needed to perform the emergency birth and delivery of your baby.

Please note that in an emergency, health professionals will need to put on and wear extra personal protective equipment (PPE) because of the risk of the virus. This will increase the time needed for the health professionals to prepare for your surgery and in an emergency, this could adversely affect the outcome for you or your baby.

We understand that this may be a stressful time for you and your family, but your health team are here to support you and provide for a safe and positive birth.

If you have any questions or concerns, please speak to your team at any stage.

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This document can be made available in alternative formats on request for a person with disability.

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