

Common questions about having a baby at BMC during the corona virus pandemic

If I am *not* sick with corona virus:

Can I still have support people with me in labor and after I have the baby?

- One support person only is allowed. This will be the only person allowed during your entire stay.
- This person cannot leave your room, and they must be healthy (without cough, fever, or cold symptoms)
- No visitors under 18 years old are allowed (except the father of the baby)
- Family and friends should wait for news at home. Our waiting room is closed.

How can my support person prepare?

- We recommend that you and your birth partner isolate from other people for two weeks prior to your expected due date. We know this is not always possible, but it is recommended.
- Once your labor support person enters the labor floor, they cannot leave again and come back.
- Your support person should bring enough food to eat over your time in the hospital.
- Your support person should bring clothes and toiletries, chargers, and any other electronic devices they need during their stay
- Plan to bring the car seat with you so it is ready for the day you go home

Where should we park if we can't come and go from the hospital?

- Valet parking is a good option; \$12/day;
- Albany street parking garage is \$8 per day
- Do NOT park on the street where you will need to move your car

Can I go home early after having my baby?

- We recommend mothers who have had a c-section go home as soon as possible, usually 3 days after birth. This lessens the chances of getting corona virus. You are allowed to stay for 4 days.
- We recommend mothers who have a vaginal birth go home 2 days after birth. It can take 2 days to be sure your baby is doing well. This lessens the chance that you need to bring your baby back to the hospital if there is a problem. If it is important to you to go home 1 day after birth, please let your postpartum nurse and doctor or midwife know.

- Discharge time is 11am. Please make sure you have a ride ready to bring you home at that time.

Should I call you before I arrive to the hospital?

- We are still open 24 hours a day to answer your questions by phone and to take care of you if you need it.
- We would like you to call before you come to the hospital unless it is an emergency. We can answer your questions over the phone and help you decide if it is necessary to come. If you do need to come, we can be prepared for you when you arrive.
- Please call (617) 414-2000 if you have questions or concerns. If you see a midwife for prenatal care you can also call the midwife answering service at 617-414-7293.

What else is different at the hospital during the pandemic?

- All of the BMC staff will be wearing masks all of the time. It does NOT mean they are sick.
- We encourage you to wear a hospital or cloth face mask during your stay with us. The Centers for Disease Control recommends you always wear a cloth face mask in public.
- We are not using nitrous oxide ('the gas') for labor pain because it can make it easier to spread corona virus and may also worsen the infection. We have IV medicine and epidural anesthesia if you want medicine for pain.
- Childbirth Education classes are cancelled and all tours of Labor and Delivery are cancelled. You can watch a virtual tour online.

Will I still have a postpartum appointment?

- For most mothers, a phone visit with your midwife or doctor 2 weeks after the baby's birth will be scheduled. At that time, we will talk to you about having an in-person or phone visit for your 6 week postpartum visit.
- If you are planning to get a Nexplanon (arm implant) or IUD for birth control, you can get one before you go home from the hospital. This way you do not need to come back to the clinic to have it placed. Talk to your prenatal care provider about this.

If I am sick with the Corona virus:

What do I need to do when I come to Labor and Delivery?

- Call to tell us you are coming here and that you have corona virus. Wear a mask when you come into the hospital if you have one. If you don't have a mask, put a towel or cloth over your nose and mouth. Tell the person at the door or desk that you have corona virus, they will give you a mask. You will need to wear a mask until your nurse says it's OK to take it off.

Can my partner come with me to be my labor support?

- Yes, you can have one support person with you in labor. They will need to stay in your room with you and wear a mask at all times.

If my labor support person is sick, can they come in with me to the hospital?

- No, your support person should stay at home or seek medical care if necessary if they are feeling sick.

Will I have to have a C-section?

- You do not have to have a c-section if you have corona virus.

Will my baby stay in the room with me?

- The safest thing for the baby is to have your baby go to the nursery after they are born and not stay in your room.

Will my baby be tested for corona virus?

- Yes, we will test your baby for corona virus.

Will I be able to breastfeed?

- The corona virus does not go into breastmilk. It is not recommended to hold your baby while you are sick, so we will help you use a breast pump and give your milk in a bottle to the baby.

When will I be safe to hold and care for my baby?

- The pediatricians will talk to you about a plan that is safe for you and your baby.

If I am sick and everyone in my house is sick, can my baby come home?

- The pediatricians will help you make a plan that is safe for your baby and family.

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