



## Your important information

# Changes to maternity services at Mercy Hospital for Women during the COVID-19 pandemic

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At Mercy Health, the safety of our patients is our top priority. We need everyone's help to prevent the spread of infection. We have temporarily changed how we deliver our services.

If you are worried or have concerns about your pregnancy or your baby's movements, please speak to your doctor or midwife or contact the Emergency Department on 8458 4000.

### Antenatal (pregnancy) appointments

During the Covid-19 pandemic you may have your appointments on the phone or face to face. We will let you know at the end of each appointment...

### Antenatal call line

For general pregnancy related questions, please contact 8458 4152 Monday to Friday 8.30-4.30. In an emergency call 000 or Emergency Department on 8458 4000.

### Childbirth education and hospital tours

- We have cancelled face-to-face childbirth education and hospital tours until further notice.
- We recommend the Raising Children website <https://raisingchildren.net.au/pregnancy> as an alternative online education resource for parents.
- For further information, please speak to your doctor or midwife at your next appointment.

### Interpreter services

- Interpreters are available to patients who need them. Interpreting may take place over the phone or face-to-face. If you need an interpreter, please tell your doctor or midwife.

### TENS machine hire

TENS units can now be hired directly from TENS Australia:

- Phone: 1300 913 129
- Email: [info@tensaustralia.com](mailto:info@tensaustralia.com)
- \$125.00 to hire
- TENS Australia will issue \$40.00 refund when unit is returned
- There will be a postage charge for hire and return of units.

### Testing and tagging of electrical items

Electrical items that require a power cord to be plugged into a power point are required to have an electrical test and tag from the hospital Engineering Department.

Items may be tested in business hours, Monday to Friday when you are an inpatient on level 5.

### Please do not bring the following

- Hair straighteners
- Fans
- Any electrical items needing an adapter for use in Australia
- Some sterilizers for infant feeding bottles – better to use microwave sterilizer for hospital stay
- Kettles
- Fairy lights

## Length of stay and your birth

- **Admission during pregnancy**

Some women may be admitted to stay in hospital before birth. For most women this is very unlikely.

- **Labour and vaginal birth**

For your individual care in labour you will be cared for by one of our birth suite midwives.

Our team works together to provide the best care for you, taking all of your personal health and individual needs into account.

- **Caesarean birth**

Some women will birth in the operating theatre, having either a planned or an emergency caesarean section. Where possible you will meet the doctors, nurses and midwives who will care for you throughout your experience.

- **Postnatal stay in the hospital**

After your baby is born, you can stay anywhere from six hours to two nights in hospital after a vaginal birth, and three nights after a caesarean birth.

Please discuss with your midwife if you would like to leave the hospital to return home at a different time than was originally planned.

Let your family know deliveries of flowers or food will not be accepted by the hospital until further notice.

## Visitor restrictions

Please make sure that you check current visitor restrictions as these are changing.

## Other resources

- **Mercy Health website** – for up to date information about pregnancy and COVID-19 <https://health-services.mercyhealth.com.au/alert/important-information-about-coronavirus/>
- **For Information on your baby's movements** – <http://movementsmatter.org.au/>
- **Department of Health and Human Services (DHHS)** – For information about Coronavirus (COVID-19) <https://www.dhhs.vic.gov.au/coronavirus>
- **World Health Organisation** – Questions and answers on COVID-19, pregnancy, childbirth and breastfeeding <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>
- **RANZCOG** – A message for pregnant women and their families - <https://vimeo.com/400061454>

### Further Information

If you have any questions regarding this information, please contact:

**Outpatients call line MHW**  
Phone: 8458 4152

### Acknowledgements

Produced by: Outpatients MHW

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