

Patient & Visitor Restrictions at The Ottawa Hospital during the COVID 19 Pandemic

*****The Ottawa Hospital is limiting visitors to prevent the spread of any respiratory illness, including COVID-19. Please note these limitations could change as the situation evolves.*****

Birth Unit, Mother and Baby Unit, and NICU/SCN

Please review the following information to help you prepare for the birth of your baby.

What to expect when you arrive at the hospital:

- You will be verbally [screened at the entrance](#). If you screen positive you will be given a mask to wear and directed to wash your hands. You will take the elevator to the Maternal and Newborn Care floor where a nurse will perform a second and more detailed screening.
- You will be registered and then assessed in a triage room. If you are being admitted, you may provide your support persons' name to the nurse and call them to come in.
- Please note that if your support person screens positive they will not be permitted to enter the hospital.
- If your support person passes screening they will be directed to your room.

Triage and Early Labour:

No support persons allowed in triage

Women who come in to the Obstetrical Assessment Unit (Triage) for assessment may be asked to go home until they are further along the progress of active labour. This is normal practice.

Birth Unit:

1 support person will be allowed during labour

When you are in active labour you will be admitted to the Birth Unit. At this time your support person will be called to join you. Your support person's name will be provided to the screeners at the front door. Your support person must be healthy and able to pass screening. Please ensure that your support person will be able to stay with you for the duration of your hospital stay.

Your support person cannot rotate or change through the labour process. This includes post labour, while you recover and until you are discharged. If your support person leaves for any reason, they will not be permitted to re-enter. Please ensure both you and your support person have everything you need during and after delivery. Remember to bring your car seat with you when you come to the Birth Unit.

Cesarean Birth – to protect the health of you and your newborn, strict protocols have been developed for operating rooms during the COVID19 Pandemic. Your support person will not be able to enter the operating room but will be able to join you in the recovery room. If you have a scheduled cesarean section, your partner will be called to join you when you are admitted to the recovery room after the birth of your child.

Mother Baby Unit:

Your support person must stay with you in your room for the duration of your admission to hospital. Ensure that you bring everything you will need for the duration of your stay. Bring a cooler with any snacks and drinks that you will need as you will not be able to leave the room. We are able to provide ice for your cooler and water to drink. A limited amount of additional food and coffee will be available on the unit for support persons. Unfortunately, there are no shower facilities on the Mother Baby Unit for support persons. Please be prepared to wash-up at a sink.

***Please note:** Children are not permitted in the Hospital at this time. You will need to find alternate arrangements for children.*

Induction of Labour:

Patients who are having an induction will be allowed to have their support person join them when they have been admitted to hospital and are in active labour.

NICU and SCN:

While we continue to recognize the importance of parents' presence in the NICU/SCN, we need to face the very real concern of COVID-19 infection being passed on to our fragile patients and their health care professionals. At the current time, parents with a baby in the NICU/SCN may continue to visit, however to limit the chance of introducing infection, we are limiting to 1 parent at a time in the hospital and we are asking that each parent visit only once per day, remaining at the baby's bedside for the duration of the visit.

Thank you for your patience as we navigate through these challenging times. Please understand we are receiving a high volume of calls and questions. We are doing our best to provide information as quickly as we can.

Despite the added restrictions to keep everyone safe, we're here to provide expert and loving care to you and your baby.