



Bermuda Hospitals Board

Maternity guidelines for birth and visiting



We'll do all we can to support you and create a safe, nurturing, comfortable environment. However, remain mindful of the risks from COVID and other infectious diseases that are prevalent at this time so processes may change if the risks change. Please call the Maternity Unit at 239-1541 or 239-1540 for the most current information prior to visiting.

Registering with the Admitting Office

Expectant mothers can register with the Maternity Unit by calling 239-1541 or 239-1540 from 8am-4pm Monday to Friday.

COVID-19 testing to keep everyone safe

As asymptomatic people may not know they have COVID-19, all precautions are being taken to minimise COVID-19 transmission and keep everyone safe. Women who attend the Maternity Unit will be tested for COVID-19 on admission. Women who have a planned induction or caesarian section will be tested 48 hours ahead of time.

When you go into labour, call before you leave

When you go into labour, call the Maternity Unit on 239-2016 to advise them you are coming in. You and your support person will be screened for COVID-19 risk factors over the phone.

What to bring for your stay

Please bring soap, toothpaste, toothbrush, deodorant, tissues, sanitary pads, a minimum of two nursing bras for breastfeeding, breast pads, comfortable underwear, dressing gowns, nightdresses or loose and comfortable daytime clothing and any prescribed medication you normally use. Remember clothes for baby: sleeper, vest, socks, blanket, hat, comb and brush. Personal devices with earphones are permitted, but limit your valuables to essential items only. Large amounts of money or jewelry should be left at home. BHB does not accept responsibility for loss or damage.

Support people and doulas during the birth

One designated support person can be with you through labour and delivery, and stay as long as needed after the birth. Doulas may attend the birth with your designated support person. Due to the risk to others, support people who are COVID-19 positive, or who have suspected COVID or other respiratory (cold/flu) symptoms are not allowed in the Maternity Unit.

Arriving at KEMH

Go through the Emergency Department entrance on Point Finger Road. We recommend you put on your mask before entering and use the alcohol sanitizer to clean your hands. Ask the security guard to call the Maternity Unit. A Maternity nurse will come down to get you immediately, but this may take a few minutes.



Bermuda Hospitals Board

Labour and delivery

We will wear protective equipment and masks during the birth and whenever we are close to you and your baby. Precautions will be taken with all expectant mothers in case they are asymptomatic and do not know they have COVID-19. Expectant mothers who are known to be COVID-19 positive will use rooms in Maternity reserved for COVID-19 patients. Support people and visitors who are COVID-19 positive or who have potential COVID or respiratory symptoms are not allowed in the Maternity Unit.

Caesarian sections

If you are undergoing a planned caesarian you will be tested for COVID-19 at the hospital 48 hours before surgery. A support person can be in the operating room for a planned or emergency caesarian section under regional (not general) anaesthetic, as long as the mother has had a negative COVID-19 test within the previous 72 hours. Please speak to your obstetrician if you have questions about procedures for caesarian sections at the hospital.

After the birth

We know this is a beautiful time for parents to bond with their new baby. Your support person can stay as long as needed after birth of the baby.

Visiting

If you stay in Maternity for over 24 hours after the birth, partners, doulas, siblings and grandparents can visit between noon and 8pm each day you are in hospital. We strongly recommend anyone coming to Maternity puts on a mask as they enter the department.

Remember to bring your smart phone or mobile device with you. BHB has free WiFi and you can share photos and talk on video and phone with your friends and family.

Visiting the Special Care Baby Unit (SCBU)

Parents and grandparents may visit in the Special Care Baby Unit (SCBU) but must be masked while inside the SCBU. Masking is required in SCBU for the protection of all our newborns. Siblings will not be allowed in the SCBU during winter months due to the risks to children and babies of Respiratory Syncytial Virus (RSV), which is circulating in Bermuda as well as COVID-19.

Discharge

For the personal safety of mother and baby, discharges back home will be expedited if safe to do so, where mothers can be fully supported by their loved ones.

After a vaginal birth, the goal will be to discharge mothers two days after birth. Women who require c-sections will be discharged after two days if meeting clinical milestones and feeling well.

Please ensure that your baby has an infant car seat – this is required for us to discharge you. Discharge time is 11am, so make transport arrangements in advance.



Revised 6 December 2022