

## **Lateral flow testing for pregnant people and their support partners**

In line with national NHS guidance and our ongoing commitment to keep pregnant people, their support partners and our staff as safe as possible, Northumbria Healthcare NHS Foundation Trust is encouraging all pregnant people and their support partners to use the rapid coronavirus (COVID) testing service (also known as Lateral Flow Testing) ahead of their appointments and visits to the Special Care Baby Unit (SCBU).

### **How to order a lateral flow test**

- Order your test [online here](#) – it can be delivered to your house or collected from a local pharmacy or collection point.
- Carry out a test 24 hours prior to an antenatal appointment at GP or hospital (as part of the twice weekly routine testing) and log your results.
- You will receive an email with the result which can be shown to your midwife or health professional and they will make a record of this.

Where pregnant people and their support partners test negative for Covid-19 and both staff and support people follow IPC guidelines, including use of PPE, the additional risk of Covid-19 transmission is likely to be small.

### **What if I get a positive result?**

If you receive a positive result, please do not worry: the majority (more than two thirds) of pregnant people who are infected with SARS-CoV-2 will be asymptomatic; most symptomatic people experience only mild or moderate cold/flu-like symptoms.

- Arrange PCR test via the [Government website](#) or contact 119.
- You will be advised to contact the maternity services area where your appointment was scheduled prior to attending an appointment and you will need to arrange PCR test to check if the positive result is accurate. Please inform your community midwife if you have a positive PCR result.
- You can still be seen at our hospital for emergency care such as reduced movements or concerns. Please let the team know before you arrive so that extra precautions can be taken to avoid transmission.
- Non-urgent routine appointments may need to be rescheduled or conducted by telephone.
- You will still be able to give birth at our hospital sites if you have a positive result – please do not worry. Please let us know beforehand so that extra precautions can be taken to avoid transmission and help keep everyone safe.

### **What if my support person/ birth partner receives a positive result?**

If your partner receives a positive result, a confirmatory PCR test will be required to check if the positive result is accurate.

Unfortunately they would not be able to attend clinic visits, appointments or birth with you. You can select an alternative support person who has not tested positive for Covid-19. Further information can be [found in this document available on the NHS England website](#)