

For expectant mothers and their families who receive prenatal care at Seibo Hospital

August 23, 2021
OB/GYN Dept., Seibo Hospital

Thank you for your cooperation in preventing nosocomial infections against the novel coronavirus (COVID-19). With the rapid spread of infection in Japan, we have partially updated the information regarding the measures against COVID-19 (see underlined). We would appreciate your continued understanding and cooperation in this matter. In addition, please note that our responses are subject to change depending on the future epidemic situation. If you have any questions, please feel free to ask your doctor or midwife on your prenatal visit.

Outpatient consultation

Updated on August 23, 2021

- Be sure to wear a non-woven mask when visiting the hospital.
- Under certain conditions, your spouse, partner or family member is allowed to enter the examination room during pregnancy. For more information, please see "**Information on attendance in OB/GYN**" on our Obstetrics website.
- Take your body temperature every day and record it in the "Health Check Sheet" provided at the outpatient OB/GYN.
- If you have fever or cold-like symptoms, make sure to inform us before coming to the hospital.

Childbirth & parenting classes

Updated on August 23, 2021

- Online childbirth & parenting classes are now available in Japanese only. See "Baby Plus" for more details.
- We are distributing videos for healthy birth and parenting (see our "**Maternity Guidebook-Pregnancy**" for the contents of videos and links to video websites, etc.).
- Please use the textbooks such as "Maternity Guidebook" and "Guide to Pregnancy, Childbirth and Parenting" provided on your prenatal appointment (at the time of booking for admission).

If you are diagnosed with COVID-19 or determined as a close contact)

Updated on August 23, 2021

- If you are diagnosed with COVID-19 or determined as a close contact, please notify us at the outpatient OB/GYN by phone immediately.
- If you have obstetric symptoms such as bleeding and uterine contraction during at-home recuperation, please inform us.
- You may be asked to transfer to an advanced healthcare facility if highly specialized treatment is required. We will collaborate with the public health center to determine which hospital you should be transferred to.

If your family member living in the same household is determined to have COVID-19 or as a close contact

Update on July 13

- If your family member is diagnosed with COVID-19 or determined as a close contact, notify us at the outpatient OB/GYN immediately.

On and during admission

Updated on August 23, 2021

- Be sure to bring the "health check sheet" provided at the outpatient OB/GYN.
- Wear a non-woven mask when you have a face-to-face contact with the staff or other patients during the hospital stay.
- Unless requested by the medical staff, your family is not allowed to enter the obstetrics ward (3rd FL).
- If the matters to be reported to the family including the medical condition may arise, the medical staff or patient herself will contact him/her in person.
- From the viewpoint of protection of personal information, we do not discuss patient's medical condition over the phone.
- During the hospital stay, if you wish to contact your family via video call, please use the telephone box or day-room located on the 3rd floor. In addition, if you stay in the private room, you may use it in your own room (Wi-Fi service is available free of charge).
- You cannot use the hospital shop or laundry facility during the hospital stay.

Natural Delivery

Updated on August 23, 2021

- Wear a non-woven mask during labor.
- With the rapid spread of COVID-19 in Japan, we have suspended birth attendance as of August 24, 2021. In addition, virtual visit (via video) shortly after childbirth is available.
- Please inform your family about the progress of labor as appropriate. In case of emergency, we will contact the family member.
- After childbirth, either midwife in the delivery room or patient herself will inform the family member about the birth of the baby.
- Family members are not allowed to visit the mother and baby during the hospital stay including shortly after birth.
- During delivery, if you experience any symptoms (e.g. fatigue, fever, cough) which the possibility of covid-19 cannot be ruled out, PCR or antigen test will be conducted and appropriate mode of delivery will be selected.

Caesarean Delivery

Updated on February 26, 2021

- Once the time for Caesarean section is decided, either hospital staff or patient herself will contact the family member by phone. The time for C-section will be decided right before surgery so make sure that the family member can be contacted anytime on the day of surgery.
- Only one family member is allowed to wait in the hospital during surgery. The nursing staff will call the family member, and ask medical questions regarding the symptoms of infection.
- Only one family member is allowed to meet the baby shortly after birth. For more information, please see "**About the family member meeting the baby after Cesarean delivery**" on our Obstetrics website of "Childbirth Page".
- After the surgery, the attending doctor will explain to the family member about the course in the surgery waiting room. The family member can then meet the patient in front of the operating room for a short period of time.

Discharge-Bringing baby home

Updated on November 4, 2020

- Only one family member is allowed to come to the elevator hall at the obstetrics ward (3rd FL).

Information on COVID-19 from our OB/GYN Department will be distributed as appropriate via the pregnancy and childbirth app "Baby Plus" (Japanese only). Please install the application and register "Seibo Hospital".

