



3/26/2020

Dear obstetric patient,

To reduce the spread of coronavirus (COVID-19), Allina Health has suspended all non-essential and non-urgent visits until further notice. This decision was made after reviewing recommendations from the Minnesota Department of Health, Centers for Disease Control, and the United States Surgeon General.

In an effort to limit your exposure to COVID-19 while continuing essential prenatal care, we are minimizing the need for in-person visits. After carefully considering the health and safety of our obstetric (OB) patients, we are making changes in our appointment scheduling for all low-risk, well pregnant women:

- An initial OB visit with an OB provider
- 20 week visit
- 28 week visit
- 36 week visit
- weekly visits from 37 weeks until delivery.

If you have certain medical conditions, your provider may want to connect more frequently. In addition to the in-person appointments, noted above, we recommend that you schedule a telephone or virtual visit with your OB provider at least every four (4) weeks to discuss your pregnancy and evaluate any symptoms that may require further attention. As always, if you have questions or concerns between visits please reach out to your provider.

As a friendly reminder, the following pregnancy symptoms always require further evaluation. Call if you:

- have strong contractions, every 5-7 minutes, for two (2) hours
- think you may have ruptured your membranes (you experience continuous leaking)
- are bleeding like a period, regardless of how far along you are
- are not feeling your baby move regularly, after 24 weeks.

Call your obstetrics team (a provider is on call 24-hours-a-day, seven-days-a-week), if you have any concerns or questions about your pregnancy or labor, or if you are experiencing symptoms of COVID-19.

Sincerely,
Allina Health Obstetric & Midwifery Providers