What is the current visitor policy on the Labor and Delivery Unit?

Due to the COVID-19 pandemic and related patient safety concerns, we are taking precautions to ensure the safety of our patients, support partners and staff. One healthy support partner is permitted on the Labor and Delivery Unit as well as the Postpartum Unit for all patients who are admitted for delivery. In addition, a doula may be present for the birthing process.

The patient, support partner and doula, a trained professional providing valuable support during labor and the immediate postpartum period, will be screened for symptoms of COVID-19 when they enter the hospital. Support partners and doulas who are free of current COVID-19 symptoms will be deemed healthy and permitted on the Labor and Delivery Unit. The support partner and doula will be required to wear personal protective equipment (PPE). During a cesarean delivery, the support partner will be allowed in the operating room.

Anyone deemed to have symptoms of COVID-19 will not be permitted on the Labor and Delivery Unit. These precautions are to ensure that a safe environment is maintained for all of our patients, support partners and staff.

You are encouraged to arrange for a second support person, who can be available in the event that your support person is not able to be present on the Labor and Delivery Unit due to screening. Your obstetric provider will discuss these options with you. As always, a member of our team is available to provide labor support.

Will I receive COVID-19 testing?

Patients with a scheduled cesarean delivery, induction, or other procedure, will receive COVID-19 testing within five days prior to admission. Each patient with a scheduled procedure will receive a phone call with information regarding an appointment time for testing. You will receive symptom screening for COVID-19 when you arrive at the hospital on the day of your procedure.

Patients who present in labor or require admission for another indication will receive COVID-19 testing on the Labor and Delivery Unit at the time of admission.

Will my support partner and doula receive COVID-19 testing?

Support partners and doulas will not be tested for COVID-19, but must be deemed healthy when screened for COVID-19 symptoms upon arrival.
LOCATIONS FOR COVID-19 TESTING FOR OBSTETRIC PATIENTS WITH SCHEDULED PROCEDURES:

The Mount Sinai Hospital  
Mount Sinai Hospital Tent Ambulatory Center  
1190 Fifth Avenue (North Gate entrance on Fifth Avenue)  
New York, NY 10029

Mount Sinai West  
Mount Sinai Doctors Ansonia  
2109 Broadway, 2nd Floor  
New York, NY 10023

Mount Sinai South Nassau  
Mount Sinai South Nassau COVID Testing Tent  
2466 Washington Avenue  
Oceanside, NY 11572

What will happen following delivery?  
If your support partner remains healthy, they will be permitted to stay with you during your recovery on the Labor and Delivery Unit and go with you to the Postpartum Unit when you are ready. The designated support partner may remain with the patient until discharge and is permitted to stay overnight.

While in Labor and Delivery, your partner should remain on the Unit until after your delivery. Once you are transferred to the Postpartum Unit, your partner may leave and return to the hospital.

What type of room will I have on the Postpartum Unit?  
Every effort will be made to have one patient per room. Due to hospital operations, there may be times when this will not be possible.
What is the current visitor policy on the Postpartum Unit?

- **Visiting hours are from 10 am – 6 pm**, 7 days a week.
- Between 6 pm – 10 am, visitors will not be allowed entry into the hospital unless it is for End of Life, Maternal Child Health, or otherwise determined by the clinical team.
- Visitation is limited to **four hours per day, per patient**, unless otherwise determined by the clinical team.
- Patients are allowed **up to two visitors at a time for up to four hours per day** and there may be specific exceptions based on patient’s status.
- All visitors **must be 18 years of age or older**; exceptions will be determined by the clinical team.
- Visitors must stay in the patient’s room throughout their visit unless they are asked to step out by hospital staff.
- **All visitors will be temperature and symptom screened in the Main Lobby** and receive a sticker with date of visit, indicating they have been screened for COVID and approved for visitation.
- All visitors **must wear a face covering or mask** during their visit.

Current visitor restrictions for the Emergency Department, Maternal Child Health, and Outpatient Practices remain in effect.

**Our visitor policy is based on the Mount Sinai Health System policy, which can be found here:**

https://www.mountsinai.org/about/covid19/patient-updates

**How will my newborn and I be kept safe while in the hospital?**

We are committed to ensuring the safety of you, your support partner and your newborn. In addition to our screening procedures for patients, support partners, and doulas and COVID-19 testing for patients, all healthy support partners and doulas will be required to wear personal protective equipment and requested to stay in the patient room, except during hospital entry and exit. Within our hospitals, health care workers are utilizing the appropriate personal protective equipment in all areas.
What if I test positive for COVID-19? What happens after leaving the hospital?
You will be provided with instructions regarding the recommended care for you and your newborn while in the hospital. When you are discharged from the hospital, you will also receive written instructions with information on caring for you and your newborn when you return home.

There are many resources for information and recommended care for patients with COVID-19. The Mount Sinai Health System provides valuable information, which can be found at this site: https://www.mountsinai.org/about/covid19/faqs