**Step-by-step guide for attending   
12-week and 20-week scans with your nominated partner**

Restrictions remain in place at our hospitals to keep everyone safe during the COVID-19 pandemic.

Since 4 January 2021, East and North Hertfordshire NHS Trust has supported women to bring **one nominated partner** to accompany them to their 12-week dating scan (offered between 11-14 weeks), 20-week scan anomaly scan (offered between 18-21 weeks) and fetal medicine scans.

Women who choose to come alone will be supported by our highly-skilled team.

**Before your visit / on the day**

If you have any symptoms of COVID 19 or have been told to self-isolate, please call our maternity team’s Consultant Led Unit on **01438 280630** or your community midwife, so we can advise you of the best action to take depending on your individual circumstances.

Symptoms of COVID 19 include:

* **a high temperature**– this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
* **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
* **a loss of, or change in, your normal sense of smell or taste (anosmia)**

If your nominated partner has any of these symptoms or has been told to self-isolate they will not be able to attend your scan.

**On arrival**

Please ensure you and your nominated partner each wear a face covering during your time in the department, and outside where social distancing cannot be maintained. Face masks are available at all the hospital entrances.

On arrival, your nominated partner should wait outside or in the designated seating areas (these are signposted).  
  
You should make your way to the scan reception area, where you will be greeted by a member of staff, who will ask you COVID-19 risk assessment screening questions about yourself and the nominated partner attending your scan.

**The scan**

At the time of your scan, you will be invited in by the sonographer who will start the scan and then ask you to call your nominated partner so they can attend.

Once they have received your call, your nominated partner should make their way to the scan reception, where they will be greeted by a member of staff and advised of where to go to join you at the scan.

**Keeping you safe**

We ask you to adhere to these rules which are in place to keep everyone safe and be respectful to our staff – we have a **zero tolerance policy towards abusive and intimidating behaviour**.

**Further questions**

We have answered a series of frequently asked questions on our website, which can be viewed at: [www.enherts-tr.nhs.uk/news/faqs-for-changes-to-maternity-restrictions-at-east-and-north-hertfordshire-nhs-trust](http://www.enherts-tr.nhs.uk/news/faqs-for-changes-to-maternity-restrictions-at-east-and-north-hertfordshire-nhs-trust)

We have also set up a maternity advice line, which you can call on **07789 935 620**. This runs from **7am to 9pm every day** to answer any other questions you may have.

**Our policy**

Our decisions and policies are kept under constant review. Please read our signage and the maternity section of our website: [www.enherts-tr.nhs.uk/services/maternity/maternity-unit](http://www.enherts-tr.nhs.uk/services/maternity/maternity-unit/)

Thank you for your co-operation in helping us to maintain a safe and supportive service for women.

The sonography team