

Frequently Asked Questions: Cardiac Antenatal Support

You can find the answers to the most frequently asked questions below.

Please note that things may change over times and you should take advice from your Midwife and refer to Guy's and St Thomas' NHS Foundation Trust Maternity [page](#).

Can I attend the ECHO cardiac antenatal class in person?

The ECHO cardiac antenatal classes are being done via Zoom, you will be contacted directly by the Tower Team and invited to the class most relevant to your delivery date.

Can I attend scans and check-ups with my birth partner or friend/relative?

Unfortunately not. The Fetal Cardiology department is allowing one person in with you as they have single rooms, however for all other appointments in clinic/FMU you must attend alone.

How long is my birth partner allowed to stay in hospital after the baby is born?

Your birth partner can stay for 6 hours or until you are transferred to the Postnatal Ward, whichever is first. They are also not allowed to stay during your Induction. They will be able to join once you are in active Labour and during the birth.

If after giving birth I am unwell or have reduced mobility (e.g. after a caesarean section) – is my birthing partner allowed to stay for longer?

The mode of delivery doesn't change how long your partner can stay.

We understand the need for extra support after a difficult delivery/caesarean section and we have plenty of midwifery and support staff on the wards to help you with all your needs.

Is my birthing partner allowed to visit my baby in the neonatal unit, if I am still in recovery and on the postnatal ward?

Yes. Your partner can go with baby to the neonatal unit after birth. Only one parent can be with the baby at any one time so you will have to take it in turns.

Is there anywhere for parents to stay overnight onsite whilst our baby is in the neonatal unit?

If you do not live in London then we will be able to provide accommodation for you and your partner.

Your partner can stay there whilst you are being induced and join you when you are in labour. They can then return there once you have delivered.

You will then be discharged to the same accommodation once fit for discharge. This should be a double room with a shared kitchen and shared bathrooms. You can both stay there until baby is discharged.

Is there anywhere for parents to stay overnight on the Savannah Ward or PICU at the current time?

1 parent can stay overnight on Savannah – we recommend this is the mother to establish feeding.

At present only 1 parent can be with baby at any time, this is both in the Neonatal Unit and in all areas of the Evelina.

Your partner can continue to stay in the arranged accommodation until baby is discharged.

How can I, as the named parent in hospital, communicate with my partner and family – does the hospital provide phones/iPads or similar?

You will be expected to bring your own phones/ipads and chargers. There is Wifi in the Hospital but it isn't always the strongest.

Staff will not give out any information about you or baby to anyone over the phone, even your partner. You will have to inform family members/friends with any updates yourself.

How can I connect with other parents expecting a child with a heart condition or people who have been through it?

You can join ECHO as a member, for free, which immediately gives you access to the charity's closed Facebook community group. You can share experiences, ask questions and speak to other parents whose child has been diagnosed with a heart condition. Join at: echo-uk.org/join