

Getting Ready to Deliver Your Baby



At Texas Health, we are committed to providing a safe experience for you and your baby. Here is important information about delivering your baby at a Texas Health hospital.

Arriving at the Hospital

Where do I enter when I arrive?

Access is limited to specific entrances. View your hospital's [dedicated building entrances](#) before arrival, or ask your doctor.

Do I have to wear a mask?

Masking is an effective way to slow the spread of COVID-19. Staff and visitors are required to wear a hospital-provided mask. While we recommend you wear a mask during labor and delivery, you are required to wear the mask we provide in public areas.



COVID-19 Testing

Will I be tested for COVID-19?

Yes. Safety is our top priority. Every Texas Health patient having surgery or a procedure, including giving birth, is tested for COVID-19. You will be tested when you are admitted. If you are scheduled for a Caesarean section, you may instead be asked to get tested 2-3 days before the procedure.

Can I get tested before arriving for labor and delivery at the hospital?

The virus can take up to 14 days to be detected. For your safety, you will be tested a few days before or on the day you are admitted, even if you have had a COVID-19 test before.

May I refuse testing?

Testing is recommended. COVID-19 can weaken the immune system or cause other symptoms that slow healing. Additionally, there may be an increased risk of pregnancy complications. Talk with your doctor about what is best for you. If a test is refused, the patient will be considered positive, and COVID-19 precautions will be implemented for the safety of the baby, patient, visitors, and staff.

Will my support person be tested for COVID-19?

No. But your support person will be screened each time they enter the hospital. They are also required to wear the mask we provide. Learn more about our visiting guidelines on the reverse side.

How much does a test cost?

Coverage varies by plan. Please check with your coverage provider as to what is covered. Learn more about [hospital related costs](#).

During Your Labor and Birth

Will I have to wear a mask during labor and delivery?

Wearing a mask is preferred. We will work with you to support your needs for comfort.

Are doulas allowed?

If you do not have COVID-19, you may have a paid professional doula for your labor and delivery. We recognize the doula as part of the maternal care team, and the doula must pass our current screening process for general visitation, which includes passing the COVID-19 exposure/symptoms/diagnosis screening. Doulas are not allowed for patients who have COVID-19.

Will I be separated from my baby if I have COVID-19?

Texas Health follows guidelines from the American Academy of Pediatrics, American College of OB/GYN, and the Centers for Disease Control for keeping you and your baby safe during your hospital stay. Ultimately, all care decisions are made by you and your doctor, based on what is best for you and your baby.

Visitor Guidelines

Labor & Delivery and Postpartum

Are support persons allowed in Labor & Delivery (L&D) and Postpartum?

If you do not have COVID-19, you may have the same support person during labor and delivery and your postpartum stay, as long as your support person does not have symptoms of COVID-19.

NOTE: The **same** support person must remain throughout the L&D experience. Switching with a secondary/alternate support person is not permitted. If your support person has had a positive test for COVID-19, they will not be able to visit unless they meet criteria for general visitation, which includes passing the COVID-19 exposure/symptoms/diagnosis screening. Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/COVID-19) for details.

- Your support person must wear the face mask that we provide and stay in your room, including to eat. If your support person leaves the hospital and returns later, they will be re-screened. Support persons are encouraged to maintain safe distancing and be diligent about good hand washing. Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/COVID-19) for more information.

If you have COVID-19, you may have the same support person during labor and delivery and your postpartum stay, as long as your support person does not have symptoms of COVID-19.

NOTE: The **same** support person must remain throughout the L&D experience. Switching with a secondary/alternate support person is not permitted. No outside care provider or doula is allowed. If your support person has had a positive test for COVID-19, they will not be able to visit unless they meet criteria for general visitation, which includes passing the COVID-19 exposure/symptoms/diagnosis screening. Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/COVID-19) for details.

- Your support person must wear the face mask that we provide and stay in your room at all times. If your support person leaves your room, they will be escorted by a staff member and not permitted to return. Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/COVID-19) for more information.

What are the visiting hours?

There are no restrictions on visiting hours for L&D and Postpartum patients.

Neonatal ICU (NICU)

Can my support person and I visit our baby in NICU?

Two parents/guardians are allowed to visit with no restrictions as long as neither parent/guardian has tested positive for COVID-19.

A COVID-positive mother and/or partner are allowed to visit if they meet criteria for general visitation, which includes passing the international travel and COVID-19 exposure/symptoms/diagnosis screening. Visit [TexasHealth.org/COVID-19](https://www.texashealth.org/COVID-19) for details. Visitor exceptions may be considered for special situations, such as infant end-of-life.

If visiting, you and your support person must wear hospital-provided masks.

What if my support person and I are unable to visit?

If both mother and partner are unable to visit, they may designate a single support person who meets clinical criteria for general visitation, which includes passing the international travel and COVID-19 exposure/symptoms/diagnosis screening.

What are the visiting hours?

Call the NICU nurse manager for details.

Resources



Join the "[Texas Health Moms](#)" or "[Texas Health NICU](#)" Facebook Groups to be a part of the Texas Health Moms community.



Visit [TexasHealth.org](https://www.texashealth.org) to see stories of moms delivering at Texas Health hospitals.



[View or register](#) for online and virtual childbirth classes. In-person classes are also offered on a limited basis at some locations.



Questions about COVID-19? Call **682-236-7601** to speak with a nurse Monday – Friday, 7 a.m. – 7 p.m.