

What to Expect at Your Prenatal Visits

How we're keeping things safe for pregnant people and newborns



Pregnant people and newborns are vulnerable to illness. It is our goal is to minimize the risk of exposure to COVID-19 in the center. By limiting the number of people in our space, we hope to keep clients and staff safe. Here is what that means for you:

Your prenatal visits will be a mix of in-person and TeleHealth appointments.

Over the course of pregnancy, you will have anywhere from 7-12+ visits with their provider. At the Vanderbilt Birth Center, about half of those visits are in-person (in our facility). The other half are via Telehealth. These Telehealth visits are conducted via secure video chat on your phone or laptop.

You may bring a support person with you.

One adult support person can join you at in-person prenatal visits. Both you and your support person will still need to be masked for the duration of your time in the building. No children are allowed in the center at this time.

Clients, partners and support people, and birth center team members must be masked while in the building.

This is for their entire stay in the facility.

Before in-person visits, wait in your car. You'll be screened prior to entering the building.

Our lobby is currently closed. This is to minimize volume of staff on-site, and to avoid creating areas where clients could congregate. Upon arrival, park in our garage (entrance on Acklen Park Drive, just behind our building), and text us. The number to text is posted at each designated parking spot. Once a room is ready, our team will come to the car.

If you have any questions or concerns about the above, please talk with us in your visits. We can work with you to discuss options that keep us all safe while making sure you are supported.