

# 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 to minimize the risk of exposure to COVID-19 in the center. 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 seven to twelve (or more) visits with a provider. At Vanderbilt Birth Center, most of these visits will be in-person in our facility. About one per trimester will be via Telehealth. These Telehealth visits are conducted via secure video chat on your phone or laptop.

## **Children and support people are welcome at your prenatal visits.**

Children are allowed to be present during all office appointments. They are welcome in well-exams, as well as prenatal and postpartum appointments. There are also no restrictions on the number of visitors who may attend appointments.

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

Our lobby is currently closed. 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.*