

COVID-19 Testing Before Delivering Your Baby: Commonly Asked Questions

It is important for you to get a COVID-19 test before delivering your baby.

Why Do I Need a COVID-19 Test?

Some people can have COVID-19 without any symptoms. It is important to know if you have COVID-19 so your doctor or midwife can give you and your baby the right care. This also helps the hospital staff wear the right personal protective equipment during your hospital stay.

If you have a mild or moderate COVID-19 illness, and your baby is well, you and your baby can room together.

When and Where Do I Get a Test?

Your health care provider will talk with you about the best timing and help you get your test scheduled at the clinic.

COVID-19 testing is done between 37 and 39 weeks of pregnancy, depending on when you are expected to deliver your baby. Your test result will be valid for 7 days.

- If more than 7 days have passed since your test date and you have not delivered your baby, you will need to get another test at the clinic.
- If more than 7 days have passed since your test date when you arrive at the hospital, or if you have symptoms, you will need to get another test at the hospital.

Why Do I Need to Get Tested Ahead of Time at the Clinic?

The number of COVID-19 tests each hospital has is limited. People are being tested for COVID-19 at the clinic before having a procedure or delivering a baby.

How is the Test Done?

The COVID-19 test is done by inserting a swab into your nose and collecting a sample. This swab is designed to go through your nostril to the back of your nose and throat. The swab may be uncomfortable, but it is very brief. It can cause coughing and watery eyes.

Can I Have a Saliva Test Instead of a Nasal Swab?

There are several types of tests that can find out if you have the virus, including the saliva test used by the local health department. At this time, only the nasal swab is considered accurate enough for people being admitted to the hospital.

I had COVID-19. Do I Need to be Tested Again?

No. If you had a positive COVID-19 test in the last 90 days, you do not need to be tested again.

If you had COVID-19 more than 90 days ago, you will need to be tested again.

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Does My Support Person Need to be Tested?

No. A COVID-19 test is not required for your support person.

When your support person arrives at the hospital, he or she will be screened (asked a few questions to determine his or her risk of having COVID-19). Your support person must pass the screening in order to stay at the hospital.

Do I Need to Wear a Mask in the Hospital if My COVID-19 Test Result is Negative?

Yes. You and your support person will need to wear a mask whenever a staff member or health care provider is in your hospital room.