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ने उदाहृत उदाहरणों में लैंगुवै उां विरुधा करके इस नंघर उे डेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Information for Pregnancy Loss

Considerations and advice for you at this difficult time

Information for Pregnancy Loss

This leaflet is designed to give you some practical information you will need leading up to and immediately following the birth

This leaflet is intended to give you additional information to that received from a healthcare professional.

INTRODUCTION

This is an emotional time for you and the feelings that you may experience can vary from shock to disbelief. These feelings may also vary between you and your partner.

When you come into hospital you and your partner will when possible be taken to a room off the Labour ward called the Daffodil Room. Whilst you may feel this is a little isolated the room is situated away from other women to allow you privacy at this sensitive time. The room has a sofa bed so your partner can stay with you at all times and a call bell is in place for you to call your midwife at any time.

CONTACT NUMBERS

Bereavement Support	01932 722 879
Patient Affairs Office	01932 722 319
Hospital Chaplain (via switchboard)	01932 872 000
Miscarriage Association	01924 200 799
The Stillbirth and Neonatal Death Society (SANDS) Surrey SANDS: www.surrey-sands.org.uk SW London	0781 7410075 0795 1229425
Compassionate Friends: Jean and Peter Austin Barbara and John Dowling	01932 873 524 01932 561 650
Antenatal Results and Choices (ARC) Helpline	0207 6310285

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

Author: Women's Health Group

Department: Women's Health

Version: 1

Published: Apr 2008

Review: Apr 2009

the opportunity for a post mortem. We have separate information leaflets regarding post mortem examination for you to read and discuss with the doctor.

This is not something you need to decide in hurry and you should feel free to ask any questions you may have. Again the medical and midwifery staff will respect your wishes.

There are also leaflets available regarding funeral arrangements which will be given to you prior to going home, however you may have these at any time.

The Bereavement Support Midwife is also able to advise and support you at this time. Where possible the bereavement support midwife will try to meet you whilst you are in hospital, she will also contact you about one week after you leave hospital. Should you wish to contact the bereavement support service, call **01932 722879** leave a message and they will get back to you as soon as possible.

LABOUR AND BIRTH

Whilst the thought of going through a labour and natural birth may be distressing in itself, this is widely regarded as the safest option for you giving birth. Caesarean Section is not recommended. The medical and midwifery staff will answer any questions you may have, and discuss choices which are available to you. You do not have to make decisions in a hurry.

It can be difficult to predict how long labour or induction of labour and the birth will take. In some circumstances it can be very quick, in others it may be prolonged. Your midwife or doctor will discuss pain relief with you and an anaesthetist is available to ensure you experience as little discomfort as possible.

TIME ALONE

After the birth you may wish to hold him or her and you may wish to spend some time alone with your baby. However, not all parents wish to see their baby. You can discuss this with your midwife but it is your choice and what ever your decision, this will be respected.

The midwife can take photographs of your baby if he/she is not too tiny. The midwife will need your consent to do this. You may like to take these home or the photographs will be kept in your hospital records if you do not wish to see them at this stage. You will be able to collect the photos at a later date. You may wish to

bring your own camera to take your own photos. This is also fine and the staff will support and guide you.

MEMENTOS

Hand and foot prints will also be taken where possible. A cot card and an identity bracelet are also completed. You may wish to take the quilt that has been with your baby home. We call this the memory blanket. Many women have found this a great comfort.

You may also wish to use your own blanket for your baby and this can stay with the baby. The midwife will also ask you if you wish to receive a certificate of remembrance to acknowledge the birth of your baby. These questions are asked following the birth, as your feelings about these things may change after the birth.

This may be a time for you to consider whether you would like to invite immediate family to be with you and your partner and meet your baby. Your midwife can help you with this.

The midwife will ask you if you wish to name your baby. In cases of very tiny babies born less than 20 weeks it can be difficult to determine the sex of the baby. In this instance parents often choose a name suitable for either a boy or a girl, or a name that is special to them.

BLESSING

If you wish, a simple blessing and/or naming ceremony can be arranged through the Hospital Chaplaincy or your own spiritual leader. A Blessing card is completed by the Chaplain, which you can take home.

SPECIAL NEEDS RELIGIOUS AND CULTURAL SUPPORT

You may have very specific needs, including religious and cultural needs and we wish to ensure that these needs are met. Please let us know what your requirements are, and how we can help you.

Having a spiritual leader, pastor, priest, imam, or rabbi can be greatly comforting. Spiritual support can be obtained through the Hospital Chaplain, your own minister or your religious representative can be called – just ask your midwife.

Even if you do not have a religious faith, or not practicing your religion, it may be helpful to meet the Hospital Chaplain who is happy to discuss any issues with you in an unbiased way to help and support you at this difficult time.

POSTMORTEM EXAMINATION

Prior to 24 weeks of pregnancy it is not routine to offer a post mortem unless your consultant feels that it would be beneficial. If your baby is born after 24 weeks of pregnancy you will be offered