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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 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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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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

### Women's Health and Paediatrics



# 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 support the information that you will receive from healthcare professionals.

We aim to provide care that will meet your individual needs. If you have any specific needs, please let us know what your requirements are, and how we can help you.

## 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.

The Daffodil Room is stocked with towels, toiletries, a fridge and facilities for making hot drinks. Please feel able to use these items which have been generously funded by donations from parents and our local community.

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## 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 Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## Memory Day Ceremony

The Trust holds an annual memory day ceremony for children who die at any age, from early pregnancy to adulthood.

The ceremony usually takes place on the last Saturday of June and the bereavement support midwives (**01932 722879**) or the hospital chaplains (**01932 723324**) can provide more details.

## Contact Numbers

Bereavement Support Midwives (St Peter's Hospital)	<b>01932 722879</b>
Counselling Service	<b>01932 722879</b>
Surrey Heartlands (Triage Service)	<b>0300 123 5473</b>
Labour Ward	<b>01932 722399</b>
Community Midwives Office	<b>01932 722413</b>
Patient Affairs Office	<b>01932 722319</b>
Hospital Chaplain (via switchboard)	<b>01932 872000</b>
Miscarriage Association	<b>01924 200799</b>
The Stillbirth and Neonatal Death Society (SANDS) National Helpline: <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a> or Surrey SANDS: <a href="http://www.surrey-sands.org.uk">www.surrey-sands.org.uk</a>	<b>National Helpline: 0808 164 3332</b>  <b>Surrey SANDS: 07817 410075</b>
Compassionate Friends: <a href="http://www.tcf.org.uk">www.tcf.org.uk</a>	<b>0345 123 2304</b>
Antenatal Results and Choices (ARC) Helpline	<b>0207 631 0285</b>
Woking Crematorium	<b>01483 472197</b>

## 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 usually 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. Your midwife or doctor will discuss pain relief with you and an anaesthetist is available to ensure you are as comfortable as possible.

## Time alone and making memories

Loss and grief is a very personal experience. All parents will have their own feelings about how they wish to make memories of their baby. We aim to ensure you are aware of the choices available so that you can decide what is best for you.

After the birth you may wish to see, and if you would like to, hold your baby and you may wish to spend some time alone with your baby. We will support you to do this. However, not all parents wish to see their baby.

Whatever your thoughts might be, we will ask you about this after the birth as sometimes feelings about these things may change after the birth. This can be a difficult and very individual decision and your wishes will be respected.

## **Making Memories**

You may wish to take photographs of your baby and staff can help you to create these special memories if you choose.

If you don't feel able to see your baby now, the midwife can take photographs of your baby and give you them on a memory card for you to print when you feel ready to do so. The midwife will need your consent to do this.

Hand and foot prints may also be taken, where possible, if you would like them.

Our volunteers provide knitted blankets and items of clothing for our babies. You may wish to take the blanket that has been with your baby home. We call this the memory blanket.

You may also wish to use your own blanket for your baby and this can stay with the baby.

We provide, if you wish, a memory box for you to take home, to keep your precious mementos of your baby. Many parents find this a great comfort.

The midwife will ask you if you wish to name your baby. In cases of very tiny babies born less than 24 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.

This may be a time for you to consider whether you would like to invite family members (including your other children, if you have any) to be with you and your partner and meet your baby. Your midwife can help you with this.

## **Consultant Follow-up**

Where there has been a post mortem or other investigations you will be invited in due course to meet with your Consultant to discuss the results (please note: it may take many weeks to complete tests and investigations).

A few weeks after you go home you will receive a patient questionnaire asking about your care experience during your stay in hospital. This questionnaire has been developed nationally in consultation with bereaved parents to ensure that we are asking about what matters most to parents and that we do so as sensitively as possible. We appreciate that this is a difficult time for you but if you feel able to complete the questionnaire this will help us to continually improve care for bereaved parents. We would be very grateful for your feedback.

## **MBRRACE-UK (Mothers and babies reducing risk through audits and confidential enquiries)**

All pregnancy losses from 22 weeks gestation and all neonatal deaths from 20 weeks gestation are reported to a national organisation called MBRRACE-UK. MBRRACE publishes reports for health care providers that include recommendations to improve care for mothers and babies. It is important that we learn from tragic events. All the information received by MBRRACE is fully anonymized and all information used by MBRRACE is kept in the strictest confidence. We do not seek individual consent and you will not be informed if your records have been used by MBRRACE-UK. However, you do have the right to opt out of having your information used for these purposes. If you do wish to opt out you will need to contact MBRRACE-UK by telephoning **01865 289700**

## After you go home

**Support:** The Bereavement Support Midwives are able to advise and provide support, including bereavement counselling at this time. Where possible a bereavement support midwife will try to meet you whilst you are in hospital.

Should you wish to contact the bereavement support service for advice or support, call **01932 722879** leave a message and they will get back to you as soon as possible.

The community midwifery team and your GP will be notified of your pregnancy loss. The Community Midwife may, where appropriate, make contact with you and will discuss visits with you after you return home. You should see your GP for a check-up in six weeks or sooner if you have any physical or emotional concerns.

### Time off work and benefits:

- **Prior to 24 weeks of pregnancy:** If you miscarry before 24 weeks or have a medical termination before 24 weeks there is no entitlement to maternity pay or benefits, including maternity leave.

If you feel you are not ready to return to work immediately, you are advised to talk with your GP.

- **From 24 weeks or neonatal deaths at any stage of pregnancy:** If you are eligible for maternity pay and benefits, you will be entitled to these. If your partner is entitled to paternity leave and pay this still holds.

## Registering your baby / babies birth:

- **Less than 24 weeks of pregnancy at the time baby dies:** For babies who die before 24 weeks, the midwife will ask you if you wish to receive a certificate of remembrance from the hospital to acknowledge the birth of your baby.
- **From 24 weeks of pregnancy at the time baby dies:** For babies who die after 24 weeks gestation where the baby has died in the uterus or without showing any signs of life, it is a legal requirement to register the stillbirth of your baby with the Registry Office and receive a Stillbirth Certificate from them before any arrangements can be made for your baby / babies funeral.
- **Neonatal Death:** For any baby born at any gestation who shows signs of life and then subsequently dies there is a legal requirement to register the birth and death of your baby prior to making funeral arrangements.

Further information will be provided to you at the time regarding the classification and registration process for your baby / babies.

### Pastoral care

Our Chaplaincy team is available to provide comfort to anyone regardless of whether you have a specific faith or not.

If you have a particular faith, please let us know and we will try to ensure that your needs are met or you are welcome to ask your own spiritual leader to visit during your stay.

If you wish, a blessing and / or naming ceremony can be arranged through the Hospital Chaplaincy.

## Taking baby home

All parents should be offered the choice as to whether they would like to take their baby / babies home. If this is something you wish to do, you will be given information to support this decision. You may like to discuss this with the midwife looking after you or with the Bereavement Support Midwives.

## Post mortem Examination

It is not always appropriate to offer a post mortem examination. Your Consultant will discuss with you if they feel it would be beneficial in your case. However, if your baby is born after 24 weeks of pregnancy you will be offered a post mortem for your baby. 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 is also a period of time known as the 'cooling off period' which lasts between 24-48 hours following your consent for a post mortem. During this time you are able to change your mind by contacting the Labour Ward on **01932 722399** and asking for the Midwife in Charge.

## Funeral Arrangements

You may wish to consider taking your baby home with you initially prior to your funeral arrangements or the hospital can take care of your baby for you.

Your wishes will be discussed with you.

## In general:

- **For pregnancy losses before 24 weeks gestation:** You may choose to make your own arrangements for cremation or burial of your baby, or if you prefer, the hospital can help you with choices for how we can take care of the arrangements for you.

We offer a cremation service at Woking Crematorium, a joint service each month with up to four babies, each in an individual coffin and cremated separately, (although we offer for twins or multiple pregnancy babies to remain together). You may attend this service if you wish. You will have the choice to collect your baby's ashes from the Crematorium later if you wish or they can be scattered in the Lewis Carroll Children's Garden of Remembrance at the crematorium. Your options and further choices will be discussed with you in greater detail and a consent form will need to be signed.

- **For pregnancy losses after 24 weeks gestation and neonatal deaths:** you will need to make your own funeral arrangements. A funeral director of your choosing will be able to assist you with the arrangements. Charges may vary, although most keep the costs to a minimum.