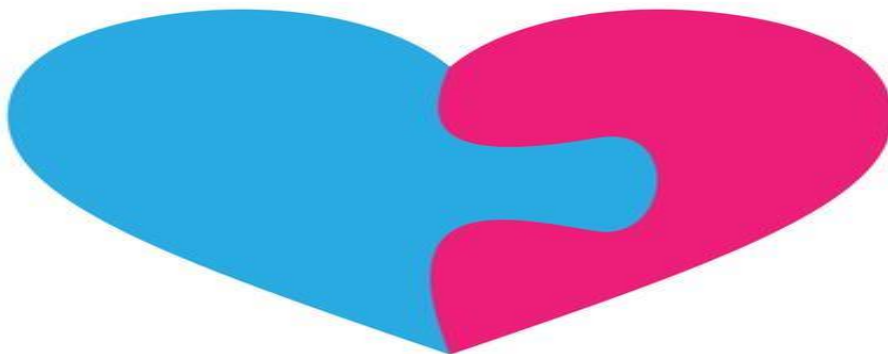




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Information to Support Parents
following the Loss of a pregnancy in the
First Trimester





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Firstly, we would like to say how sorry we are that you or someone close to you are experiencing a pregnancy loss. We would like to offer our utmost sympathy at this difficult time to you and your family.

This information leaflet has been developed to support you at this difficult time by Swansea Bay University Health Board in collaboration with members of Swansea Bay Baby Loss Support Group.

We hope the information in this booklet will provide you and your family with support and guidance in your time of need.

The following pages contain a lot of information. Some of the information will be useful in the coming days. Please try and read at least the first few pages. You might find it helpful to give it to a trusted relative or friend to read on your behalf. Keep the booklet in a safe place for you to revisit in the coming days and weeks

If you require any assistance or wish to ask any further questions, please do not hesitate to ask any member of staff that is involved in your care.

Useful Telephone Numbers you may need

Early Pregnancy Clinic Singleton Hospital – 01792 286868

Gynaecology Department Singleton Hospital (24hours) -01792 285206

Antenatal Clinic Singleton – 01792 53086

Antenatal Clinic Neath Port Talbot Hospital - 01639 862593



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What to Expect Following Your Pregnancy Loss

Today you would have given a drug called Mifepristone. This is the first step in inducing your labour. After you have taken these tablets you will be asked to remain in the hospital for up to one hour. You will then be free to go home if you wish, to be with your family and friends and return to the hospital within 24-48 hours.

There are several side effects which you may experience during this time that can be caused by the medication you have been given. The side effects may include nausea, vomiting, tiredness and faintness. These are normal and not normally severe. For a small number of women, the Mifepristone may be enough to induce labour. It is common that you may experience some mild pain, in this case you could stay at home and use Paracetamol, a warm bath or hot water bottle for pain relief. Do not use Aspirin or the Ibuprofen-type of tablets as they may interfere with the medication.

The two-day wait can be distressing, however, this time is needed as it allows the medication you have taken to have greater effect and helps the next stage of induction process. If at any time, you have any concerns or have any questions, please do not hesitate to contact the ward for advice and support.

You will be admitted to:

Ward:

Contact Number.....

On:

At:

There may be some difficult decisions for you to make and we advise that you read the literature we provide, talk to your partner, family and friends and ask any questions you may have with members of the team that will be caring for you. We want you to take your time in making any decisions and we will support any decisions you make.



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What to bring into Hospital when you return.

Your stay in hospital could be for a few days. We suggest you bring enough clothing, nightwear and toiletries for this time. We also suggest you fetch a change of clothing, toiletries and snacks that you may require. Please fetch anything else you may feel will make your time a little easier at hospital such as books, a device to watch films on or anything you feel may support your stay at hospital.

Returning to the hospital

When you arrive at hospital you will be met by your allocated Nurse who will settle you into a room where you will be cared for. We will carry out your observations such as your blood pressure, temperature and pulse. We will then do these regularly throughout your stay. We will discuss your plan of care and answer any questions you may have. You will also be able to discuss analgesia options if you wish. Prior to the induction process you may require a cannula (a thin plastic tube that sits on one of the veins in your hand or wrist to enable fluids to be administered) but staff will discuss this with you.

Hormone tablets call Misoprostol will be administered and you will have the opportunity to discuss the administration with the team caring for you. This medication is used to start your uterus to contract. You will be given the medication at frequent intervals (between 4-6hours) until your contractions become more regular. The time interval of the induction process can vary between the individual person.



Memory Box

We will offer you a memory box if you wish to receive one, this allows you to be able to keep memories safe.

Arrangements following your Pregnancy Loss

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There are a number of options available to you

Hospital Management

The hospital can arrange a cremation on your behalf.

If you choose this option, we will make all the arrangements for you through the hospital. It is important you understand that the arrangement will be by “communal cremation”. This means that there will be others who have experienced a pregnancy loss and have chosen for the hospital to make arrangements.

Cremation is carried out in a dignified and respectful manner at Morryston Crematorium. If you chose for the hospital to make arrangements, you will not know when the cremation is taking place and will not be able to attend. Following the cremation, any ashes will be scattered at the Babies Garden of Remembrance at Morryston Crematorium where you can visit if you wish. Butterfly Memorial Plaques are also available to purchase if you wish. It is important to realise it is not possible to separately identify any individual cremated remains after cremation or to allow any other option for ashes once cremation has occurred.

Private Management

This means that you wish to make your own arrangements. You can choose to carry out a burial yourself following the appropriate guidance or you will need to contact a Funeral Director of your own choice who will carry out your wishes. If you require help in deciding about burial or cremation, you can ask the nurse caring for you to discuss and provide further information.



Burial at Home

Guidelines to be followed if you wish to carry out your own burial:

- ✚ It is essential that you obtain permission to complete a burial where you are not the land owner of the ground involved. If there is any doubt over ownership contact HM land Registry to check who is the registered land owner.
- ✚ If you have a mortgage or loan against the property where the baby is to be buried, you should notify any company, or individual who has an interest in the property.
- ✚ You should record the date and place of burial in a formal letter which should be attached to the title deeds of your property or land.
- ✚ Environmentally friendly and biodegradable material must be used for burial (plastic containers etc must not be used).
- ✚ There must be no danger to water courses or supplies and there must be no danger of bodily products leaking onto adjoining land.
- ✚ There is no legal requirement to inform the Environment Agency in advance of a burial although you may wish to confirm that the intended burial site meets their safety standards for any local watercourses or other local issues. The burial site should not be within 10 metres of any standing or running water, or 50 metres of a well, borehole or spring that supplies water for human consumption, depth of burial should be at least 45 centimetres.
- ✚ You should be aware that such a burial may deter future prospective purchasers or occupiers and affect the re-sale value of the property.

Prior to leaving the hospital, you will be asked to sign a form stating that you are making your own arrangements to dispose of the fetal remains.



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After care

Vaginal bleeding may continue for 2 to 6 weeks and sometimes may be quite heavy. For some women a light loss may continue until their next period. We advise you use sanitary towels rather than tampons to assess bleeding and reduce infection. You are advised not to resume sexual intercourse until the bleeding has stopped.

Your periods should return within 6 to 8 weeks, although it may take several months to settle into a regular cycle. If you have any concerns, you are advised to see your GP or A&E in emergency situations.

We ask for you to take a pregnancy test 3 weeks following your pregnancy loss to ensure the miscarriage is complete.

If the pregnancy test is positive, we ask you contact the Early Pregnancy Clinic.

It is important that you contact your GP or out of hour's services 111 if you experience any of the following:

- ✚ Prolonged heavy bleeding with clots
- ✚ Vaginal discharge that looks or smells offensive
- ✚ Rise in temperature
- ✚ Pain when passing urine.

Follow-up care

The hospital staff can answer any immediate questions you have. It may be difficult to think of everything at this time, so when you go home, you may still contact the ward.

You may have a call or visit from your Community Midwife, but this will be discussed with you prior to discharge.



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Returning to work

There is no set timeframe on when you need to return to work. You will be able to self-certify your absence for a week but after a week your employer will require a 'fit note' from your GP. It can be daunting returning to following the loss of a baby. Please speak to your employer and see what support they can offer you.

There is also information available for employers from SANDS online.

Contraception

It's important to remember that, unless you as a couple have experienced fertility problems, a woman can get pregnant again, even very soon after a pregnancy loss. So unless you wish to become pregnant soon, you may want to use some form of contraception. Please discuss contraception with your GP or local Sexual Health Clinic.

A Place for You.

After reading the information contained within this leaflet please feel free to use the space below to document any questions you have upon your return to the hospital:



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Support Available

- ✚ **Swansea Bay Baby Loss Support Group** - A local support group for anyone who has experienced a pregnancy loss, death of a child or requires support during subsequent pregnancies. A safe and confidential space to meet other parents and support one another the closed group on Facebook: Swansea Bay Baby Loss Support Group.
- ✚ **Swansea Bay Care After Death Centre** – The care after death centre team can offer support and guidance following a bereavement. Morryston 01792 703114 Singleton 01792 285818 or email the team on SBU.CADC@wales.nhs.uk
- ✚ **ARC (Antenatal Results & Choices)** – Support for parents whose baby is diagnosed with a fetal abnormality in pregnancy. Helpline- 0845 077 2290 or 02077237486. www.arc-uk.org
- ✚ **MIND** – Promoting and Supporting people with mental health problems.
- ✚ **Freephone – 0161 272 8205.** www.mind.org.uk
- ✚ **The Bent not Broken Traumas Counselling Project**– A locally based project that helps support individuals who have experienced trauma, anxiety and depressions. Specialising in Birth Related Trauma. Telephone 07768688487. Email: bentnotbrokenproject@gmail.com. www.bentnotbrokenproject.co.uk
- ✚ **Samaritans** - Confidential, emotional support in times of despair. Telephone 116 123 www.samaritans.org
- ✚ **SANDS – Stillbirth and Neonatal Death Charity** – Support for families affected by the death of a baby before, during or shortly after birth. Telephone 0207 436 5881. www.uk-sands.org
- ✚ **Cruse Bereavement Care** – For adults and children who are grieving. Telephone 0808 808 1677. www.cruse.org.uk/bereavement-services
- ✚ **Contact a Family** – Support and information about specific conditions. Telephone 0808 808 355. www.cafamiy.org.uk
- ✚ **4 Louis** - 4Louis is a UK charity that works across the country to support anyone affected by miscarriage, stillbirth and the death of a baby or child. www.4louis.co.uk
- ✚ **Daddies with Angels** – Advice and support to male family members following the loss of a child/children. Telephone 07513 655134. www.daddyswithangels.org



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- ✚ **Twins Trust** –Twins & Multiple Birth Association - Bereavement and special needs support groups. Telephone – 01252 332344. www.twinstrust.org
- ✚ **The Miscarriage Association** – Support for parents who have experienced miscarriage.
- ✚ **Tommys** – The largest charity in the UK carrying out research into the causes of miscarriage, stillbirth and premature birth. Bereavement trained midwives available Monday to Friday 9am to 5pm. Helpline – 0800 0147 800. www.tommys.org.uk
- ✚ **The Key Hope Centre** – Local Support for pre/post termination of pregnancy, miscarriage and stillbirth. Telephone 01792 773800. Email- Info.Keyhope@btconnect.com
- ✚ **TFMR Mamas** – Termination for Medical Reasons Mamas offers support Groups and resources to help parents feel supported and not alone. www.trmrmamas.com