

Your Baby

A leaflet for you if you have miscarried
during the first 12 weeks of pregnancy

Losing a baby can be one of the hardest of life's experiences. Please accept our deepest sympathy. Parents often tell us that they feel a sense of disbelief, anger and hurt, as well as a mixture of so many other feelings. You may have many questions at this time; this leaflet aims to answer some of them.

How can we remember our baby?

Book of Remembrance

You may like to have your baby's name written in the Book of Remembrance. There is one in the chapel at the Princess Royal Hospital and one in the chapel at the Royal Sussex County Hospital. Please ask a member of staff about how to make an entry, or contact the chaplaincy office at the hospital. There is no charge for making an entry. You do not have to be a churchgoer to have your baby's name written in the Book of Remembrance, it is there for everyone.

Annual Memorial Service

There is also a memorial service held every year, usually in the winter, for families to remember their babies who have died. You will be sent information about this nearer the time, unless you ask us not to do this. Many families find it helpful to come and some families come every year. However you do not have to attend.

What arrangements will the hospital make on our behalf?

The hospital will arrange for your baby to be cremated at the local crematorium. This would take place as soon as is practicable and will most probably be together with other pregnancy losses. The hospital will arrange the cremation with the hospital's contracted Funeral Directors. There is no formal ceremony at the crematorium for you or others to attend and no ashes to collect.

Can we make our own private arrangements?

There are some undertakers who will conduct individual funerals in regard to a pregnancy loss under 12 weeks. You will need to make your own arrangements privately with a funeral director. The Bereavement Office have contact details for these.

You will need to contact the Mortuary Department within 30 days of signing the P2 form. If we have not heard from either you or your funeral director by then, the hospital will arrange a cremation.

Contact Numbers

Brighton and Sussex University Hospitals NHS Trust:

Bereavement Offices:

Royal Sussex County Hospital **01273 696955 Ext. 4611**

Princess Royal Hospital **01444 441881 Ext. 8101**

Mortuary Department:

Royal Sussex County Hospital **01273 696955 Ext. 4144**

Chaplaincy:

Princess Royal Hospital **01444 441881 Ext. 8232**

Royal Sussex County Hospital **01273 696955 Ext. 4122**

Midwifery and Neonatal Care Centre Counsellor:

Royal Sussex County Hospital **01273 381210**

Just Friends Support Group **01273 696955 Ext. 4373/4**

Local and National Support

ARC – Antenatal Results & Choices Helpline

0845 0772290

www.arc-uk.org

Counsellor, Morley Street **01273 242091**

Miscarriage Association

01924 200799

www.miscarriageassociation.org.uk

SANDS – Stillbirth and Neonatal Death Society (Local Befriender Service)

07799 031645

mail@brightonandhovesands.co.uk

SANDS – Stillbirth and Neonatal Death Society

National line

0207 436 5881

Alternatives pregnancy choices and loss support

www.alternatives-brighton.org

To book an appointment call: **01273 207010.**

- BSUH NHS TRUST(2011) GP001 Early Pregnancy Unit Clinical Guidelines.
- Patient UK Information leaflets www.patient.co.uk
Women's Health Category
- Royal College of Obstetricians and Gynaecologists www.rcog.co.uk
- National institute for Health and Clinical Excellence: Clinical Guidelines:
Nice Pathways www.nice.org.uk

This information sheet has been produced by the Gynaecology Ward Sister.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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