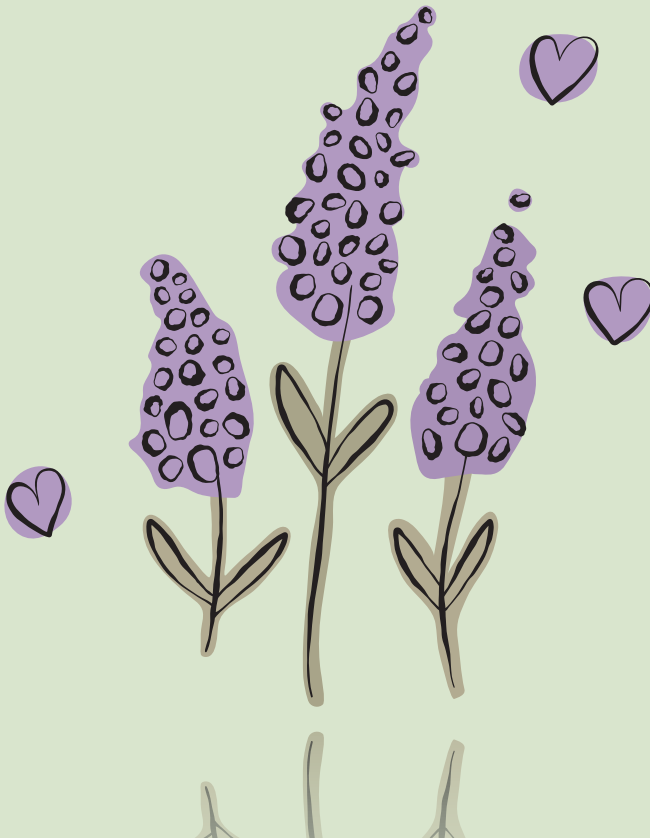


Information and support for you following a miscarriage



Firstly, we wish to say we are very sorry
your baby has died.

We recognise that losing a baby at any stage
in pregnancy or soon after birth can be a
deeply sad and upsetting time. We hope that
this leaflet will provide you with information
and gentle support you may need to make
the choices and decisions you will be facing.

We understand that you may find the
information in this leaflet distressing, so please,
take your time and go at your own pace.

Who are we?

We are a team of specialist bereavement midwives and nurses here to support you and your family through this difficult time. We also have a multi-faith chaplaincy team who can offer religious and pastoral care. If we haven't seen you whilst you were in hospital we will call you once you are home to offer support. Alternatively you can call the team on **0121 424 2088**. We encourage you to ask any questions that you have; we are here to help.

Feelings after a miscarriage

Everyone's experience of miscarriage is different but sometimes reading or talking to people who have had a miscarriage can make you feel less alone and you will probably feel that you have similar feelings to others. There are a number of support services detailed in this booklet who offer support, advice and information for you and your family. The team are also here if you need us and can refer you to specialist support/counselling services if required, so please get in touch if this is something you feel you may need.

Marking your loss

After a miscarriage you may want to find special ways of remembering your baby/pregnancy remains to mark the loss of their brief life. There is no right or wrong and your decisions are entirely for you and are based on what's right for you and your family. The team will offer you a number of ways to do this:

- Certificate of birth/loss
- Memory box
- Book of remembrance
- A ceremony

What choices are available to me after my miscarriage?

If you have had a miscarriage under 16 weeks in our hospitals we will discuss with you:

- Communal cremation – this means a cremation where pregnancy remains are cremated together in a dignified and respectful manner
- Private burial or cremation
- Burial outside a cemetery

We would like to reassure you that whilst you take your time to make these decisions your pregnancy remains will be treated with respect and dignity at all times.

If we do not receive a reply within eight weeks following your miscarriage or should you not wish to be involved with the decision we will act on your behalf. There will always be a record of when and how this happened should you wish to know in the future.

What happens if I choose communal cremation?

The communal cremation takes place once a month at Woodlands crematorium in Coleshill. The service is attended by the bereavement team and the hospital chaplains who hold a short service.

If you would like to attend, please contact the Eden Bereavement Team on **0121 424 2088** within four weeks following your miscarriage, who will be able to tell you more about the service and when it will be taking place.

Once the cremation has taken place the cremated remains are scattered in the baby memorial garden at Woodlands.

What happens if I wish to make private arrangements?

There is no legal reason to prevent you taking your pregnancy remains home, although there are certain requirements that need to be met. We would advise you to think carefully about what you will do and consider any associated restrictions which may exist in relation to burial on home property.

Provided the person carrying out the burial owns the freehold or has the permissions of the owner of the freehold, burial in a garden or other private land is not unlawful. More advice on the burial of pregnancy remains at home can be obtained from the Institute of Cemetery and Crematorium Management (ICCM)

www.iccm-uk.com

The Natural Death Centre's also provides information on essential regulations that should be followed

www.naturaldeath.org.uk/index.php?page=home-burial

What happens if I wish to make private arrangements via a funeral director?

The hospital does not provide individual burials or cremations under 16 weeks in pregnancy but we can support you if you decide that you want to arrange your own private service through a funeral director.

Please contact Eden Bereavement Team and they can ensure that you have the correct paperwork and arrange for the transfer of your baby/ pregnancy remains into the care of your chosen funeral director.

What happens if I miscarry at home?

If you miscarry at home then you are very likely to pass the remains into the toilet. There is no obligation to dispose of the pregnancy remains in any particular way. If it's possible to transport the pregnancy remains you can choose for them to be transferred back to the hospital for the communal cremation.

This can be done by contacting Eden Bereavement Team on **0121 424 2088**.

Support and advice

Eden Bereavement Team

Contact 0121 424 2088

Email: clare.beesley@uhb.nhs.uk

Miscarriage Association

Helpline: **01924 200 799**

www.miscarriageassociation.org.uk

Sands, The Stillbirth and Neonatal Death Charity

Helpline: 020 7436 5881

www.uk-sands.org

The Lily Mae Foundation

Info@lilymaefoundation.org



Eden and Snowdrop Bereavement Services

Heartlands Hospital
Bordesley Green East,
Birmingham, B9 5SS

Good Hope Hospital
Rectory Road,
Sutton Coldfield,
Birmingham, B75 7RR

Email: Clare.Beesley@uhb.nhs.uk
Telephone: 0121 424 2088