

EARLY PREGNANCY ASSESSMENT UNIT.

Information regarding disposal of pregnancy remains.

We are sorry for your loss and appreciate that this is a difficult time for you. The loss of a pregnancy can be devastating and you may be left with many questions.

Please do not hesitate to discuss your questions or concerns with a member of staff. Written information concerning your pregnancy loss is also available. Alternatively you may wish to visit the following websites: www.miscarriageassociation.org.uk / www.ectopic.org.uk

Following any pregnancy loss, women and their partners sometimes wonder what happens to the remains of their pregnancy. This discussion can often be difficult. When consenting for management of any pregnancy loss, the staff will discuss disposal of pregnancy remains and gain your consent dependant on your wishes.

At any time you can request to speak to the Hospital Chaplain or PALS team (Patient Advisory & Liaison Service).

What are my options?

Following a pregnancy loss, all pregnancy remains are dealt with in accordance with Trust policy (details of this policy are available on request). The options available take into consideration how pregnancy loss affects everybody differently, and how everyone has a different way of coping with this situation.

Options are as follows:

- Batch cremation (under 16 week's gestation). Please be aware that at this gestation there are no ashes to collect.
- Individual cremation organised by trust (over 16 week's gestation).
- Privately arranged funeral – via funeral directors.
- Privately arranged burial outside a cemetery.

Following pregnancy loss, the pregnancy remains will be kept for 4 weeks by the pathology department, in case you change your decision.

If you wish to make your own arrangements for burial/cremation, you may request that the pregnancy remains are returned to you. It will be clearly documented in your medical notes that this is your decision and you will be given written confirmation that you are entitled to take the remains to make arrangements yourself.

Marking your loss

Most women (and their partners) choose to let the hospital deal with the disposal of remains. They choose to mark their pregnancy loss in a way which is special to them. This helps them cope with what has happened.

The Miscarriage Association has a 'Marking your loss' section on its website, including an online 'Forget-me-not meadow' where you can post a message of remembrance. You can also access support services through their site. The Ectopic Trust has a 'Candle Tributes' section on its website, and also online forums. There is also a support group that meets at Leeds General Infirmary (visit www.babyloss.com for more information).

Regular remembrance services are held in cathedrals around the country, organised for anyone who has lost a baby at any stage in their pregnancy. Please go to www.sayinggoodbye.org for more information.

Some women may simply plant a tree or buy a keepsake, as a way of remembering the pregnancy they have lost.

Whatever you decide to do, there are no rights or wrongs. It is a very personal matter and you (and your partner) must do what you feel is right for you.

If you feel that we may be able to help support you in any way, please contact us directly.

Early Pregnancy Assessment Unit
Harrogate District Hospital
Lancaster Park Road
HG2 7SX

01423 555373

If you require this information in an alternative language or format (such as Braille, audiotope or large print), please ask the staff who are looking after you.