

Early Pregnancy Loss

Miscarriage is a sad and distressing experience. Even from very early in pregnancy it is difficult not to have hopes and plans for your baby. It is often not possible to know why a baby has stopped developing during pregnancy and this can add to the distress. There are many reasons why a miscarriage may happen, although the cause isn't usually identified.

For most women, a miscarriage is a one-off event and they go on to have a successful pregnancy in the future.

This leaflet gives information about local services which may be helpful at this time and people you may want to talk to, either now or later.

Ways of remembering and saying goodbye

If you miscarry very early in pregnancy, the hospital will bury your baby with other miscarried babies each month at Higher Cemetery St Marks Avenue, Heavitree, Exeter. It is not possible to tell you at which service your baby will be buried. If you prefer the hospital not to bury your baby you must inform the Bereavement Co-ordinator.

Alternatively, even though it may be very early in your pregnancy, you can arrange to have your own service, you would therefore need to contact a Funeral Director to make arrangements. The Bereavement Co-ordinator can help you with this.

Memorial Garden area for babies at the Crematorium, Exwick and Higher Cemeteries

There is a small garden area at the Crematorium, Exwick and Higher Cemetery in memory of loved and lost babies. You may visit these at any time. Cut flowers can be placed there if you

wish. For details on memorials, please contact Bereavement Services Exeter on **01392 265370**.

Memorial Book for babies at the Hospital

The remembrance books are held within the hospital. If you would like your baby remembered in this book, please complete the form, (which can be found in the Heartsease Folder). You can include your name or your baby's name and a message. Alternatively you can hand write your own message which can be put into the book. Please contact the Bereavement Co-ordinator should you have any questions or would like to see the book. You may want to do this after you have left the hospital and have had more time to think about it.

Annual Service of remembering and Sharing

The hospital chapel holds an Annual Memorial Service for families bereaved by miscarriage, stillbirth and neonatal death. The service is held on a Sunday in March at 2.00pm. For further details please contact The Hospital Chaplains on **01392 402024**.

Other help available

Counselling Service

We would like to introduce ourselves as we may be able to offer you support through this difficult time.

You may experience many different emotions following your loss. When you are back home and have time to think about what has happened you may be more aware of emotional needs and think that you might be supported by meeting with a Counsellor. Talking can bring relief and help you understand your feelings.

If you would like to meet with a Counsellor, please call is on **01392 406678**. There is often an answer phone on this number but please leave a message and we will phone you back as soon as we can.

Even if counselling is something you have never considered before you may find it useful to talk through recent events and feelings with someone who is skilled in listening and can explain the normal grieving process.

Although we usually have a waiting list, we would offer you an appointment as soon as we can. Counselling is available within the first four months after discharge from hospital.

Hospital Chaplaincy

The loss of a baby at any stage of pregnancy can bring all sorts of feelings and emotions to the surface. It may also cause you to ask questions about life, which you have not thought about before.

Whether or not you see yourself as coming from a particular religious tradition, we are here to come alongside you if you wish.

You may simply want help with plans for a funeral, or a way of remembering or saying goodbye to your baby, or you may need help with the confusion of feelings going on inside. Sometimes it helps to share your thoughts with another person.

We are not trained Counsellors, but are happy to share with you either pastorally or spiritually as you wish.

Sometimes, parents only realise the need to explore these issues after a period of time has elapsed after their loss – so please feel free to contact at any time. We have our office at the main RD&E Wonford Site and can be contacted on **01392 402024**.

Someone to talk to

You may want to talk with someone about losing your baby or about what has been mentioned here. Below are some contacts that may be helpful:

- National Miscarriage Association.....
01924 200799
- SANDS (Stillbirth and Neonatal Death Society)
020 7436 5881
- Wynard Ward
01392 406512
- Early Pregnancy Assessment Unit
01392 406503
- Counselling Service
01392 406678
- Bereavement Co-ordinator.....
01392 406756 / 402349
- Hospital Chaplains, RD&E Wonford.....
01392 402024

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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