



Information for
patients and
carers

**Your options following your
pregnancy loss.**

A guide for parents and families

Following your pregnancy loss.

We would like to offer you and your family our sincere condolences at this difficult time. This leaflet explains what will happen next and details the choices you have.

Terminology used in this leaflet.

Pregnancy tissue – the remains of the pregnancy, which may include the developing fetus (baby) and placenta. Terms such as **products of conception**, are used by the National Institute for Health and Care Excellence (NICE), Tommy's and the Miscarriage Association.

Histology – the process of looking at tissue samples under a microscope to confirm a diagnosis.

Genetic testing – testing the genetic material of the pregnancy tissue to identify any hereditary conditions (only undertaken in specific circumstances).

Will I need histology or genetic testing?

We may recommend that your pregnancy tissue is sent for histology or genetic testing to confirm certain diagnoses:

- Ectopic pregnancy – to confirm that a pregnancy was present within the Fallopian tube
- Miscarriage – where a developing baby was not seen on the ultrasound scan
- Recurrent miscarriage/pregnancy loss – to enable specialised testing to be performed in certain circumstances, your nurse or doctor will explain more if this applies to you
- Molar pregnancy – where the pregnancy has not developed normally

- Retained products of conception – where pregnancy tissue has remained inside the womb for a length of time and a surgical procedure is required to remove it

Do I have to have histology?

Your nurse or doctor will discuss with you whether histology is recommended and the implications of your decision. Any investigations will be carried out with your consent. Where you have experienced a very early pregnancy loss, there may be little or no tissue left following the histology testing, in which case it will not be possible to recover any ashes.

When will I receive the results?

The timing of results for any histology can vary. Histology testing usually takes up to two months and genetic testing up to four months for results to be available.

What are my options following my pregnancy loss?

After a pregnancy loss and any histology/genetic testing that you have agreed to, the following options for what will happen to the pregnancy tissue are available:

1. You may arrange a private funeral by contacting a Funeral Director of your choice; most companies offer this service for free and choosing this option enables you to be involved in the planning of any arrangements made. You may find this option is timelier
2. The hospital can offer cremation or burial (known as “Sensitive Disposal”):
 - Cremation (no ashes) – this will be a shared cremation. Unfortunately, families cannot attend the service

- Regrettably, once a decision is made to have no ashes, this cannot be changed
- Cremation (retention of ashes) – you should be aware that if you have experienced a very early pregnancy loss and opt for cremation, there may only be a very small amount of ashes
- Burial – if you live within Preston borough, the hospital can arrange a burial for your baby, in a shared grave. Unfortunately, it is not possible to place a headstone or memorial. If you live outside of the Preston Borough, please ask the team who will provide further information

You will be asked to sign a consent form confirming your wishes. The Hospital Funeral Director (Clifford Ward) will contact you when the ashes are ready to collect. They will be kept for 12 weeks, and, if not collected, will be respectfully scattered in a garden of remembrance.

3. You can choose to take the pregnancy tissue home for burial, with the following requirements must be adhered to:
 - The burial must not cause danger to others
 - It must not interfere with any rights other people may have on the land
 - There must be no danger to water supplies or water courses
 - There must be no chance of bodily fluids leaking onto adjoining land
 - The pregnancy tissue must be buried to a depth of at least 45cm (18 inches)
 - Permission must be obtained from the freeholder if you do not own the land
 - Careful thought needs to be given when considering burial in a garden, considering what would happen if you decided to move house
 - When you have decided, you will be asked to sign a consent form confirming your wishes

Where can I seek additional support?

There are several services available to those affected including partners, siblings, grandparents by early pregnancy loss. Some of the resources below may be able to offer counselling or support groups. Alternatively, you can speak to your General Practitioner.

Contact details.

Should you require further advice or information please contact:

Gynaecology Assessment Unit (triage 24/7) - 01772 524415

Hospital Funeral Director – Clifford Ward - 01772 885775

Sources of further information.

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Sands - <https://www.Sands.org.uk/support-you>

Miscarriage association – <https://www.miscarriageassociation.org.uk/>

NHS Miscarriage - <https://www.nhs.uk/conditions/miscarriage/>

Tommy's - <https://www.tommys.org/baby-loss-support/miscarriage-information-and-support/recurrent-miscarriage>

Cradle – <https://cradlecharity.org/>

Institute of Cemetery and Crematorium Management -

<https://www.iccm-uk.com/iccm/>

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو
پوچھنا جس سے ابی دست ہو سکت ہے براے مہربان پوچھو۔ معلومات

Arabic:

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب
أخرى يمكن توفير هذه المعلومات

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