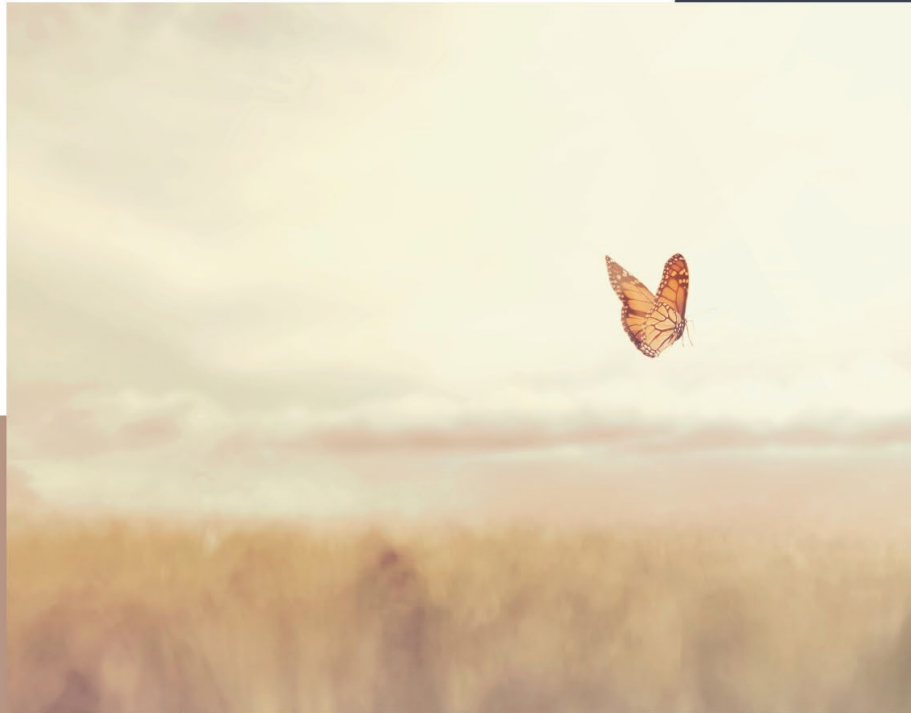




Women & Children's
Health Network
CENTRAL REGION NORTH



Information Booklet

for

second/third trimester loss

hospital admission: what to expect



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Introduction

This booklet has been created to provide information to bereaved parents during a time that is often overwhelming, uncertain and filled with emotions. In this booklet you will find information about what to expect over the coming days following the loss of your baby. In the back, there are pages for you to write down any questions, express your concerns and other things you may wish to ask your care provider for clarity.

Following a loss, some patients require a hospital admission to deliver the baby. Your healthcare provider (Doctor or Midwife) will discuss your options about how you can deliver your baby. Usually, there are individual factors to consider such as how many weeks pregnant you are, as well as your physical and psychological well-being. This booklet is intended to help you prepare for your hospital admission.

We would like to take a moment to remind you that you are not alone in this journey. We encourage you to share this booklet with your family and friends. Together, we will do our best to support you during this difficult time.

Preparing for your Stay

To make your stay as comfortable as possible, we recommend packing the following items if available:

- Health Card
- House Coat
- Slippers or comfortable footwear
- Underwear
- Two Pairs of Socks
- Bra
- Nightgown
- Comfortable Clothing
- Camera
- Kleenex
- Music
- Heat/Cool Pack
- Cell Phone & Charger
- Laptop/Tablet/Device (Optional)
- Toiletries (Toothbrush, Toothpaste, Shampoo)
- Lotion
- Lip Protection
- Hair Brush with Elastics
- Pads– Heavy Flow Preferable
- Comfortable Pillow
- Snacks
- Water Bottle
- Meals for Support Person (Your Hospital may not provide meals for support persons)
- Change for Vending Machine
- An Outfit for your Baby (Optional)
- Baby Blanket (Optional)
- Any special items you would like to have for your baby i.e. books, stuffies etc.

**Please note, patients are responsible for their own valuables and belongings

Arriving to the Hospital

1. Many patients are admitted to the Birthing Unit where they receive specialized care following bereavement. Sometimes patients prefer to stay on the surgical unit and this might be an option for you. Please speak to your care provider about which unit will best suit your needs. We acknowledge that this is also difficult for your partner/support person. We are here to support both of you during this time.
2. When you arrive to the Birthing Unit, a nurse will be there to greet you and show you to your room. They will orientate you to the unit and help make you feel as comfortable as possible. A room with an extra bed or lounge chair will be provided to you and your support person.
3. On arrival, we will ask you for your health card and a few questions about your medical history to complete your admission. There may be some paperwork to complete.
4. The hospital will provide you meals for you. You are welcome to bring in food of your choice for you and your support person, keeping in mind that there is limited refrigeration space. Please ask your nurse about available on and off-site food and meal options for your support person.
5. Your nurse will place a butterfly on your door. The purpose of the butterfly is to make staff aware of your loss and the sensitive nature of what you are experiencing.
6. Some hospitals may have Social Work available for additional support.

Delivering Your Baby: Induction

1. Induction of labour may be part of your care plan and you will deliver your baby in hospital. Your doctor or midwife will explain the induction process to you and answer any questions you might have. Please ask your healthcare providers questions at any time. Questions are encouraged.
2. Sometimes, it may take a few days to prepare your body to deliver your baby. You might be given a medication 24 hours before the induction. You may be asked to come and go from the hospital as your induction progresses and your body prepares for delivery. Once you arrive at the hospital, you will receive additional medications to start or continue the labour process.
3. If you are at home and labour begins, please call the Obstetrics department. See hospital list below:
 - Collingwood General and Marine Hospital (CGMH) - (705) 445-2550 ext 8618
 - Georgian Bay General Hospital (GBGH) - (705) 526-1300 ext 5230
 - Muskoka Algonquin Healthcare (MAHC) - Bracebridge Site - (705) 645-4404 ext 3272
 - Muskoka Algonquin Healthcare (MAHC) - Huntsville Site - (705) 789-2311 ext 2262
 - Orillia Soldiers' Memorial Hospital (OSMH) - (705) 325-2201 ext 3123
 - Royal Victoria Regional Health Centre (RVH) - (705) 728-9802 ext 47140
 - Stevenson Memorial Hospital (SMH) - (705) 435-6281 ext 2235
 - West Parry Sound Health Centre (WPSHC) - (705) 746-9321 ext 3060
4. Your friends and relatives may call the Birthing Unit to ask about you. Please advise your nurse whether or not you wish to accept phone calls and/or visitors. If you do not wish to have visitors, we will place an appropriate sign on your door.

Labour and Pain Management

1. Your doctor or midwife will explain labour to you and help you understand the different stages as your body progresses through them. You will also have a nurse or your midwife supporting you every step of the way.
2. In the early stages, you might be asked to walk around the unit to bring on labour and get your contractions closer together.
3. You will have blood work ordered and your nurse or midwife will start an intravenous.
4. When your contractions happen closer together, you may be asked to consume a restricted diet of clear fluids (popsicles, water or ice) until your baby is delivered. Your care team can explain this to you.
5. There are many options for pain management while in labour. Your care provider will discuss these with you to determine which will best suit our individual needs. Pain management may include an injection of analgesics into a muscle or through an intravenous, laughing gas (Nitrous oxide), and/or an epidural. If at any time, you have questions about your pain, please ask your nurse.

After Your Delivery

1. Following the delivery of your baby, you will be given time to see, touch, hold and be with your baby. You will be able to do as little or as much as you feel comfortable with and will be given as much time with your baby as you need. You may choose to change your mind at any time. Your healthcare team will be there to support you.
2. At delivery, your baby will be wrapped in a warm blanket at delivery and later may be dressed in a special outfit if you wish.
3. You may wish to consider naming your baby.

4. You may bring a camera to the hospital to take pictures of your baby. The hospital does have a digital camera so your nurse or social worker can also take pictures on your behalf should you wish.
5. Depending on your blood type, you may require an injection called Rhogam.
6. Funeral arrangements in the days after delivery will be needed. This might be something you can ask family members or friends to assist with. Inquiries about procedures and pricing for memorial services and/or funerals should be directed to the Funeral Home of your choice. A list of local funeral homes is available to you upon request.
7. Baptism or prayer services may be requested. You, your family members, or your nurse may contact a clergy of your choice. Non-denominational pastoral care is available at any time. Your own cultural and/or religious practices will be respected and encouraged including smudging and chapel space.
8. Your care provider may discuss the option of an autopsy for your baby.
9. Your nurse will help to create as many mementos as possible of your baby. Some examples include photos, foot and hand prints. We will ask for your permission to gather these keepsakes and preserve the memory of your baby. You are not required to take these items with you. It is ok to change your mind. If you have a specific request, please ask your care provider.
10. You may bring your own camera to the hospital to take photos of your baby. The hospital also has a digital camera so your nurse or social worker can take pictures on your behalf if you wish.

Discharge from Hospital

1. Your doctor or midwife will discharge you when it is safe to do so. For some, it may be as soon as a few hours after delivery, and for others, you may require an overnight stay.
2. When you are ready to leave, your nurse will help you finish any remaining paperwork that is needed for discharge. They will also review personal care at home to support your recovery.
3. You may choose to place an announcement in your local paper to inform family and friends. Funeral directors will help you with this.
4. Your nurse will prepare a bereavement package for you to take home with the keepsakes created of your baby. Mementos can also be kept at the hospital for you if you are not ready to take them home at this time. Please check with your hospital to determine how long they can be stored for you.
5. Social Worker/Bereavement Counsellor may be available for support upon request
6. There are additional resources that will be helpful to you in the days following your discharge home. The Women and Children's Health Network has a "Resource Hub" that connects you to bereavement care resources you may find helpful such as Bridget's Bunnies, The Pregnancy and Infant Loss Network (PAIL Network) and SickKids' Library of Grief Resources. All are linked to this website:



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Reference: Acknowledgement to GBGH for use of the GBGH Information Booklet for Bereaved Parents