



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

EARLY PREGNANCY LOSS SPECIALIST NURSE SUPPORT

The early pregnancy loss team offer our condolences to you during this difficult and upsetting time. We would like you to know that we are here to offer support and advice. We understand that you may need time to process your loss and we do not wish to be intrusive.

WHAT WE OFFER

The team cover Oxford Road Campus, Wythenshawe, and North Manchester Hospitals.

We can offer you and your family practical advice and information; help explain some of the formalities involved and guide you through any choices you may face during this difficult time.

Although we do not offer formal counselling, we are here if you wish to talk, as it can sometimes be helpful to talk with someone outside of your family setting. We can also provide you with contact details for our early pregnancy loss counsellor or refer you directly if you would like. More information about early pregnancy loss counselling is available at:

<https://mft.nhs.uk/app/uploads/sites/4/2019/05/SMPIL-24-020-EPL-Patient-counselling-info.pdf>

If you have experienced 3 or more consecutive miscarriages and are under 35 years old or have experienced 2 consecutive miscarriages and are over 35 years old and wish to be referred to the Recurrent Miscarriage Service at Saint Mary's Hospital, Oxford Road, we can arrange this for you.

You may be contacted by us to discuss results from genetic or histopathology testing or to discuss results from your baby's post-mortem. If you are awaiting results, you can contact us directly.

If you have any queries relating to the collection of your pregnancy remains for private arrangements following testing, please contact us on individualcollections@mft.nhs.uk

You are welcome to contact us either by voice mail service (please leave a message with your name and the best contact number to call you back on) **or by email.**

CONTACT DETAILS



07814056869



earlypregnancyloss.nurse@mft.nhs.uk

HELPFUL ORGANISATIONS AND RESOURCES

Chaplaincy and Spiritual Care (0161) 2768792 (Oxford Road site) or (0161) 2912297 (Wythenshawe site) (They can offer support and can include you in their memorial service).

Early Pregnancy Loss Counselling (0161) 2764319 (Counselling can offer a 'safe space' to share your feelings or complex emotions with a trained health care professional).

The Miscarriage Association www.miscarriageassociation.org.uk (Provide information, resources, and support). They also have a helpline you can call between the hours of 6am-9pm (Monday-Friday) on 01924200799

The Ectopic Pregnancy Trust www.ectopic.org.uk (Provide information, advice, and support for anyone who has experienced an ectopic pregnancy).

NHS Talking therapies for anxiety and depression www.nhs.uk (NHS talking therapies for anxiety and depression - NHS (www.nhs.uk)) Offer access to talking therapies/psychological therapies for anyone struggling with feelings of depression, excessive worry, anxiety or post-traumatic stress disorder (PTSD).

Muslim Bereavement Support Service info@mbss.org.uk (Provide bereavement support to Muslim families).

Sands www.sands.org.uk (Provide support for anyone affected by a pregnancy loss or death of a baby). They also offer emotional support and advice over the telephone during the hours of 10am-3pm (Monday-Friday) on 08081643332

4louis 4louis.co.uk (Provide memory making, support and fundraising events).

Cradle cradlecharity.org (Provide support groups and online forums).

Simba www.simbacharity.org.uk (Provide memory making and support).

Tommy's www.tommys.org (Fund research and provide expert information, advice and support).

Petals www.petalscharity.org.uk (Provide specialist counselling following a baby loss).

The worst girl gang ever www.theworstgirlgangever.co.uk (Provide a membership for peer support and podcasts).

Holding Her Space <https://holdingherspace.com> (Provide community-based support for African and Caribbean communities and provide a free Doula service).

If you require support out of office hours or during the weekend you can **Samaritans** helpline on 116123