

# Perinatal Loss

## *What Happens Now?*

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You have just received difficult news about your pregnancy. At this unfortunate time, you have choices to make.

Your instinct may be to go right to the hospital and “get the pregnancy over with.” Unless there’s a sound medical reason, this may not be your best choice.

You may benefit from time at home to connect and grieve with loved ones and friends.

### **What Happens Next?**

When you come to the hospital, please bring whomever you would like for support.

At the hospital, you and your family will receive compassionate care. Your nurse will work with you to help your family through this loss. He or she will offer support and help explain what will happen during your hospital stay.

The time you spend in the hospital depends on what procedure(s) you will need.

You and your doctor will talk about what happens next. This will depend on what is happening with your pregnancy.

You may or may not need surgery. If you need to have induced labor, the exact procedure depends on how far along you are in your pregnancy and other medical considerations.

Your doctor will talk with you about your options.

### **What Happens With Your Baby?**

- If you have induced labor, you may have special time alone with your family. You may see, hold and touch your baby. You may dress your baby or swaddle him or her in a blanket.

You may take your own pictures. If this isn’t possible, you may request hospital photos. You will receive other mementos as ways to remember your precious baby.

You may have your own clergy with you, or the hospital chaplain will visit with you and your family.

You and your partner may want to take care of funeral or cremation arrangements yourselves. Or, if you prefer, hospital staff can make these arrangements.

- If you had surgery, please talk with your nurse about your options.

### **Is Lab Work Needed?**

- If you would like to know whether or not your baby had a birth defect, ask your doctor about chromosome studies. If you choose not to have these tests, there will not be any lab work done on your baby.
- If you are Rh negative, you will be given an injection (shot) of RhoGam® before you leave the hospital.

## When Should You Call Your Doctor?

Call your doctor before you are scheduled to come to the hospital if you have:

- heavy, bright red vaginal bleeding
- abdominal cramping
- a temperature of more than 100.5 F.

## Whom to Call if You Have Questions

- **Abbott Northwestern Hospital**  
612-863-4427
- **Mercy Hospital**  
763-236-8440
- **United Hospital**  
651-220-6206 or 651-220-6200