

Leeds Rainbow Clinic

Information for patients



Leeds
Maternity Care

Hello and congratulations on your pregnancy.

Being pregnant again after experiencing baby loss can feel quite daunting and you and your family may feel like you are on an emotional rollercoaster, which can be difficult for you to manage. Such feelings can range from fear and anxiety to having a sense of intense joy and emotional healing, all of which can be perfectly normal.

We have created this leaflet with information about the Rainbow clinic which you are invited to attend.

What is the Rainbow clinic?

The Rainbow clinic is a specialist Consultant led clinic for anyone who is pregnant after sadly having had a stillbirth or early neonatal death.



Why have I been asked to attend the Rainbow clinic?

The Rainbow clinic offers enhanced antenatal care if you have had a stillbirth or neonatal death. This will be run by a Consultant Obstetrician and a Bereavement Midwife.

At every appointment you will be offered an ultrasound scan to check your baby's growth and the function of your baby's placenta.

You will also receive psychological and emotional support and we will create a safe space for you and your partner to talk about how you are feeling.

The care you'll receive from the Rainbow clinic does not replace your routine antenatal care, so it is essential that you continue to attend all your routine appointments with your Community Midwife.

How often will I be seen and what can I expect at my appointment?

The care you receive from the Rainbow clinic will depend on your individual needs. Therefore to ensure you receive the right care, we will ask you about your medical history, your previous pregnancies and discuss any tests that you may have had after your previous baby sadly died.

We will offer you a reassurance scan around 7-8 weeks of pregnancy. You will then have your 12 week scan and 20 week scan in the main ultrasound department at the hospital that is providing your care.

We will then see you back in the Rainbow clinic at around 22-23 weeks of your pregnancy, where you will be offered another ultrasound scan to check your baby’s growth and development. We will also look at your placenta and measure the blood flow in the cord between you and your baby. We will then continue to offer you a scan every 4-6 weeks for the rest of your pregnancy, or more frequently if indicated.

<i>Gestation</i>	<i>Type of Scan</i>	<i>Which Department</i>
7-8 weeks	Viability/Reassurance Scan	Rainbow Clinic
12 weeks	Dating Scan	Main ultrasound Dept
20 weeks	Anomaly Scan	Main ultrasound Dept
22-23 weeks	Growth / Placental Scan	Rainbow Clinic
27-28 weeks onwards	Growth scan (every 4-6 weeks)	Rainbow Clinic

What is the evidence regarding taking Aspirin?

Most people who become pregnant after experiencing baby loss are advised to start taking 150mg Aspirin (two 75mg tablets) to be taken at night-time once they have had their reassurance scan.

Research suggests that taking Aspirin in pregnancy may help to improve the blood flow between you and your baby through your placenta. We recommend Aspirin is started before the 16th week of pregnancy.

If you need any more information about taking Aspirin, please ask at your first Rainbow clinic appointment, or speak to your Community Midwife.

Where is the Rainbow Clinic?

The Rainbow clinic is held every Monday morning in the Fetal Medicine department in Antenatal Clinic which is in Clarendon Wing at the Leeds General Infirmary.

What should I do if I cannot attend my Rainbow clinic appointment?

If for any reason you cannot attend your appointment, please ring the Antenatal clinic at Leeds General Infirmary on: **0113 392 3704.**

Please be aware the Admin staff will not be able to rebook your appointment without speaking to the Rainbow team first. The Rainbow clinic runs once a week, so if you miss your appointment, occasionally it may be necessary for you to have a scan in another department such as Fetal Assessment.

What should I do if I am worried about myself or my baby's movements?

If you are worried about yourself or you think your baby is not moving as they normally do, please contact the Maternity Assessment Centre (MAC) at the hospital providing your pregnancy care (contact number at the end of this leaflet).

When you ring Maternity Assessment Centre with any pregnancy related problems it is important to tell the Midwife that you are under the care of the Rainbow Clinic.

Planning your baby's birth

When planning your birth following a baby loss it is not unusual for you not to want to go past your estimated due date. Providing there are no clinical reasons to deliver your baby earlier, we would aim for you to give birth between 38 and 39 weeks of pregnancy.

An individual management plan will be made taking into consideration your preferences. This will include discussing whether you would prefer for your baby to be born vaginally or by planned Caesarean section.

If you choose a vaginal birth, we would recommend that your baby is born in hospital so their heartbeat can be continuously monitored throughout your labour.

We also recommend you complete your pregnancy, birth and postnatal preferences electronically within your 'Pregnancy Notes' account or complete the Rainbow Clinic Birth Plan which you will find in this booklet. Please discuss at your appointments with the Rainbow Team or Community Midwife who will be able to help you complete this if you wish.

What other support is available?

You may want to reach out to friends, family members, or a Rainbow support group. You may also find it helpful to write down your feelings and emotions.

Practicing self-care is very important when you are pregnant and even more so if you are pregnant with a Rainbow baby.

Anxiety can be a common emotion; this is normal and totally understandable. However, some women may need additional support from a counsellor or a mental health professional to help manage their anxiety.

If you feel you need some extra help or support, please discuss this with your Community Midwife or at your next Rainbow Clinic appointment.

What happens after my baby is born?

Once your baby is born, providing you are both well, you will be cared for on the postnatal ward. However, if your baby is born early or requires additional care they may need to spend some time on the Transitional Care ward or in the Neonatal Unit. Once you are both discharged home your Community Midwife will provide all your routine postnatal care.

We hope you have found this information booklet useful and it has helped to answer some of your questions. However, if you have any additional questions please do not hesitate to ask us at your next Rainbow Clinic appointment. It might be useful for you to write them down in the space below.

Questions to ask at my next appointment:

My Rainbow Clinic Birth Plan

My name is:

I prefer to be called:

My birth partner is called:

My Consultant is:

My Community Midwife is:

I am expecting my (number) baby

My baby is due on:

My baby who died was called:

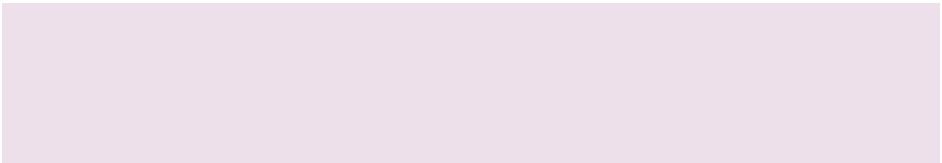
Important information you should know about me and my baby/babies:



My blood group is:



I am allergic to:



I would like my baby to be born at (please circle):

St James or LGI

I am planning to have my baby at: weeks.

My Induction is booked on the:/...../.....

My Caesarean Section is booked on:/...../.....

During Labour

- I would like my baby's heartbeat continuously monitored throughout my labour.*
- I would like to remain as active as possible.*

Please add your own preferences:

Pain Relief

I would like to consider using:

During Birth

Please use this space to inform us of your preferences for birthing your baby:

After Birth

Please tick any that apply to you.

- I would like skin to skin contact with my baby as soon as they are born.
- I would like my baby wrapping in a towel before being given to me.
- I consent to have an injection to help deliver my placenta.
- I would like delayed cord clamping (please circle)
YES / NO
- I would like (name): to cut my baby's cord.
- I consent for my baby to have Vitamin K (please circle)
YES / NO

My chosen method of feeding my baby is:

Please add your own preferences:

Additional information

Please tick any that apply to you.

English is not my first language, I need a interpreter.

I need a sign language interpreter
YES / NO

I have special dietary requirements:

[Light purple shaded area for dietary requirements]

I would like a particular religious customs to be observed:

[Light purple shaded area for religious customs]

Please use this space to add any additional preferences:

[Large light purple shaded area for additional preferences]

Hospital Contact Numbers

Bereavement Midwives

Tel: 07920 029 180 or 07766 862 627

Available: Monday-Friday 8am-6pm

Maternity Assessment Centre (MAC)

LGI: 0113 392 6731

SJUH: 0113 206 5781

Delivery Suite

LGI: 0113 392 3831

SJUH: 0113 206 9103

Antenatal Clinic

LGI: 0113 392 3704

SJUH: 0113 206 5180

Websites and Charities available for support and advice

Bliss - the special care baby charity

Website: www.bliss.org.uk

Tel: 0500 618 140

Email: hello@bliss.org.uk

Support, advice and information for families of babies in intensive care and special care, including in situations of loss and for future pregnancies.

British Association of Counselling & Psychotherapy

Website: www.bacp.co.uk (includes a 'Find a Counsellor' section)

Tel: 0145 588 3300, Mon - Fri 08:45 - 17:00

Professional association and accrediting body for counsellors.

Charlie's Corner

Website: <https://ukcounsellingnetwork.co.uk/our-services/charlies-corner>

Tel: 0113 285 2899

UK counselling network offering low cost bereavement support

Forget Me Not Children's Hospice

Website: www.forgetmenotchild.co.uk/help-for-families/how-we-help/our-services/family-support-services/support-groups

Tel: 01484 411040

A monthly Rainbow Group for families who are expecting again, or have had a baby, after having lost a baby in the past.

Hope Bereavement Support

Website: www.hopebereavementsupport.com

Tel: 07981 955 674

Offers supportive and therapeutic groups for women and their families around child loss and miscarriage within our diverse communities.

They also offer resilience workshops for mental health, emotional wellbeing and self-care.

Leeds IAPT

Website: www.leedscommunityhealthcare.nhs.uk/ourservices-a-z/leeds-mental-wellbeing-service/home/

Leeds Mental Well-being Service which offers online and face to face counselling.

Mindwell

Website: www.mindwell-leeds.org.uk

Provides a wealth of online easy-to-use and accessible information for everyone's mental health needs.

NHS Choices

Website: www.nhs.uk

Gives access to find NHS services including hospitals and local doctors and helpful information on a huge variety of health related topics.

Stillbirth and Neonatal Death Society (SANDS)

Leeds Sands Pregnancy and Beyond Support Group.

Website: www.facebook.com/groups/568422520012452

Tel: 0808 164 3332

Email: helpline@sands.org.uk

A support group for people who have been to a Leeds sands support group and are now pregnant or have gone on to have more children.

The Samaritans

Website: www.samaritans.org

Tel: 0845 790 9090

24 hour helpline support every day of the year for anyone in distress including those who are feeling suicidal.

Tommy's

Website: www.tommys.org

Tel: 0800 0147 800 Pregnancy Line

A charity that provides information and support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons.

Women's Counselling, Antenatal Classes and Therapy Service

Website: www.womenstherapyleeds.org.uk

Offers free, or low-cost, counselling and psychotherapy service for women and girls on low incomes in Leeds.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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