

Further Information and Support

We appreciate that this is a lot of information to take in. If you wish to discuss any of this information further, please speak to your nurse / midwife or doctor. If you feel you need further support following your loss, the following organisations may be able to help:

NHS Lothian Bereavement Service

Phone: 0131 242 6995

Email: bereavement.service@nhslothian.scot.nhs.uk

Miscarriage Association

Helpline: 01924 200 799 (Monday to Friday from 9am to 4pm)

Edinburgh area local contact after 8.30pm 0131 447 5038

Website: www.miscarriageassociation.org.uk

Email: info@miscarriageassociation.org.uk

Sands Lothians

Phone: 0131 622 6263

Website: www.sands-lothians.org.uk

Simba

Phone: 01368 860 141

Website: www.simbacharity.org.uk

Arrangements following the loss of your pregnancy



Under 12 weeks

Please ask a member of the department if you require this leaflet in a different language, larger print, Braille (English only) or audio tape.

Arrangements following the loss of your pregnancy

Please accept our sympathies at this difficult time.

This leaflet gives you information on the choices available to you. You may have a lot of questions and we realise how hard it may be for you to make decisions. If you would like to discuss in more detail any of the information in this leaflet, please speak to your nurse / midwife or doctor.

Your choices at this time

Most women give the hospital permission to make arrangements for shared cremation following their pregnancy loss. However, you can choose to make your own arrangements. Whatever you choose, please be assured that your pregnancy loss will be treated with dignity and respect at all times.

Hospital arranged shared cremation?

If you would like the hospital to make arrangements, our local practice is to arrange shared cremation. This service is provided at no cost to you.

A shared cremation means your pregnancy loss will be placed into an individual container and then within a larger casket which is shared with other pregnancy losses. Your pregnancy loss will be transported and cremated within the larger casket.

After this kind of cremation, it is not possible to return any individual ashes to you. Any shared ashes will be interred in the Garden of Remembrance at Mortonhall Crematorium in Edinburgh.

Making your own arrangements

You may wish to make your own arrangements for an individual burial or cremation. This will ensure you have the type of service you prefer. It would also mean that you and your family and friends could attend a ceremony, if you wish.

There may be a cost for private burial or cremation, depending on the arrangements and type of service you request. A funeral director can advise you about the options and any costs involved.

When do I need to make these decisions?

You may know straight away what you wish to choose, or you may find the decision difficult. You do not need to make all of these decisions before you leave the hospital. You can discuss these choices further with a member of your care team after you have returned home. If you would like to do this, please telephone

Once you have reached a decision, we will ask you to sign a form to record your wishes.

If you have not let us know a decision after six weeks, the national guidelines say we should arrange shared cremation. We will not contact you about this, so it is important that you let us know within six weeks if you would like to make alternative arrangements.

Please telephone..... on the number above.

What if I change my mind? Who do I contact?

You can change your mind about any decision you have made about cremation or burial in the first week after your loss. To let us know you wish to change a decision please call on the above number. You can also use this contact for any other queries you may have about the NHS arrangements.

Record keeping

We will provide you with a copy of the form recording the decision you have made about what you wish to happen to your pregnancy loss. NHS Lothian will also keep a record of this. Records of burials and cremation are kept at the appropriate cemetery or crematorium.

Early loss

The hospital may offer to examine the placental tissue to exclude molar pregnancy, a rare complication of pregnancy. If you do not wish us to do this examination, please let your midwife/nurse know.