

# Options for your pregnancy remains following miscarriage

**We are very sorry for your loss; please accept our sincere condolences at this time.**



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# Options and support

We have designed this leaflet to ensure you are aware of the options available to you following miscarriage that is less than 14 weeks gestation.

## Contacts for further information

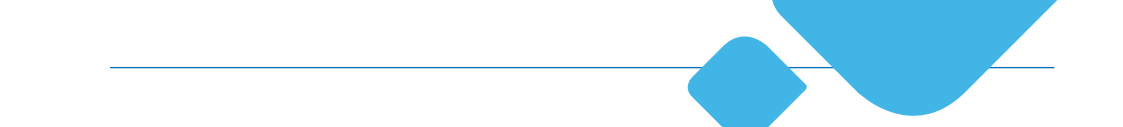
- Early Pregnancy Assessment Clinic      01225 825803  
(Answer machine service, checked Monday-Friday)
- Maternity Bereavement team              07872 696165  
(Monday–Friday)
- Spiritual Care team (chaplains)          01225 824039  
(24/7 service, leave a message or ask for the on-call chaplain by calling 01225 428331)

## Options

If you miscarry at home sometimes the remains of your pregnancy will be passed on the toilet. You may look at what has passed and see a pregnancy sac and/or a very early baby (medically called a fetus). If the miscarriage is completed at home there is no obligation to dispose of the pregnancy remains in any particular way. You might want to flush the toilet, many people do this automatically.

Or you may want to take a closer look, that is natural too.

If you know that you do not want to flush your pregnancy remains then you may wish to place a bowl into the toilet prior to passing the pregnancy.



Some families prefer to bury the pregnancy remains in the garden in a pot with flowers or a shrub.

Written permission must be obtained from the landowner if you do not own the land where a burial is to take place. Use a cardboard or wooden box to place your pregnancy remains into before burying (the Maternity Bereavement team can provide one if needed). The recommended depth for burial is at least 18inches/45cms.

You may prefer to ask the hospital to take care of your pregnancy remains. If you have miscarried at home you will need to call the Early Pregnancy Assessment Clinic, Gynaecology outpatients or Maternity Bereavement team to arrange a suitable time to bring your pregnancy remains into hospital. If this will be more than a day or in hot weather please look after your pregnancy remains in a fridge or next to an ice block.

If you have miscarried in hospital you may ask the team caring for you to take your pregnancy remains to the mortuary where they will be carefully looked after.

The hospital will then organise a shared cremation for your pregnancy remains unless you let us know that you would prefer a different option.

If you have miscarried in the hospital you may take your pregnancy remains home for burial. The team caring for you will provide a form for you to sign which includes guidance on burial.

If you would prefer an individual cremation or burial the hospital spiritual care team (chaplains) can support you to explore these options.

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## Support

Following miscarriage there are a wide range of emotional responses and we would encourage you to reach out for support if needed. Below are some options of support

- [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)
- [www.ectopic.org/trust](http://www.ectopic.org/trust)
- [www.mariposatrust.org](http://www.mariposatrust.org)
- [www.tommys.org](http://www.tommys.org)

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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**The RUH, where you matter**