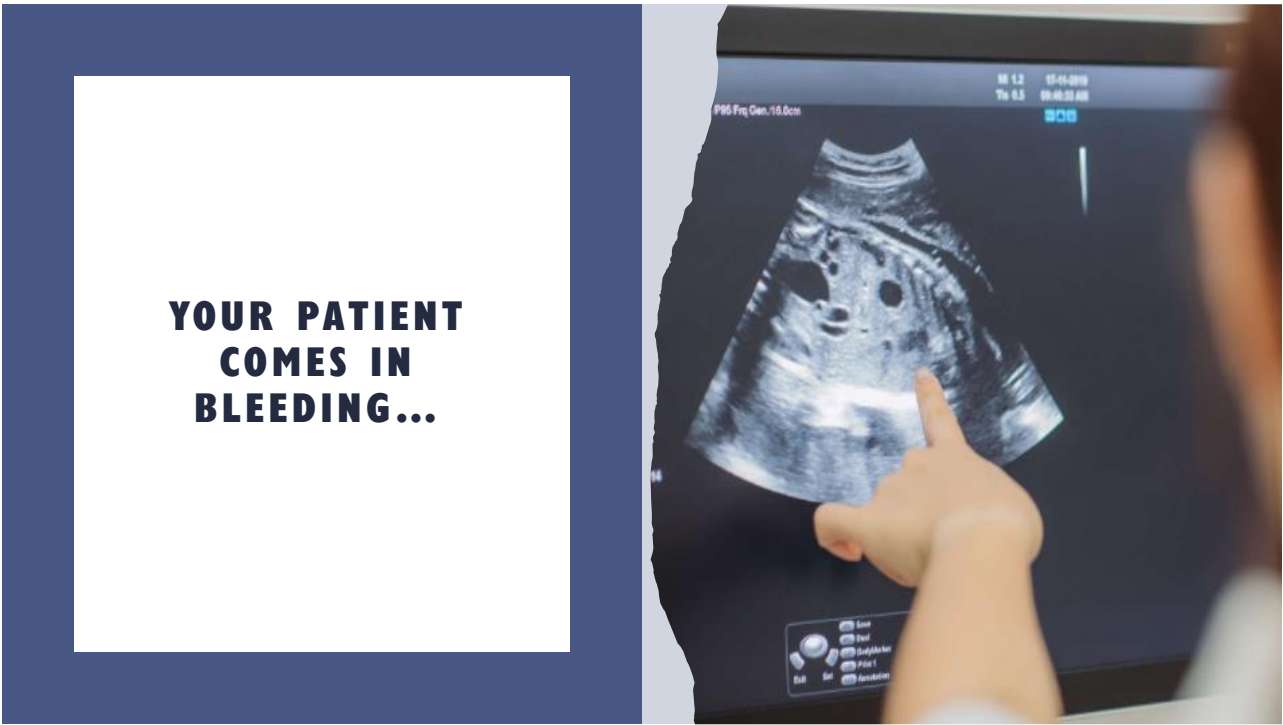




1



2

It is important to include the patient in the diagnostic process

She needs to be given all the options and facts

Providers need to consider the patient may want to postpone interventions to achieve 100% certainty of pregnancy loss

3

EARLY INCOMPLETE MISCARRIAGE

Expectant Management

- **Wait for the miscarriage to occur without intervention**

Surgical procedure

- **Suction Curettage**

Treated with medication

- **To start the process of the miscarriage**

4

MISCARRIAGE KITS



Your symptoms and exam indicate a miscarriage is a possibility, but not certain. Some patients with your symptoms will continue their pregnancy and some patients with your symptoms will have a miscarriage. It is impossible to say what the chances are of either outcome.

Losing a baby is heartbreaking no matter when it happens. About 10 to 20 percent of known pregnancies end in miscarriage. While nothing can take away the pain of a loss, it is very unlikely that any action on the parents' part is responsible for causing a miscarriage. It is our hope that this kit will provide useful items if you choose to make use of them.

Items included in the kit:

- **White mesh underwear.** These can be used instead of your regular underwear
- **Large peach colored peri pads.** **Change every couple of hours to avoid infection from bacteria in the pad.
- **Clear plastic peri bottle.** Fill with warm water and squirt from front to back. Use this every time you use the bathroom. Wipe from front to back
- **Disposable blue under pad.** Place the pad on furniture to protect the surface from bodily fluids.
- **Specimen Container with Lid.** The container can be used to collect the remains of a miscarriage.

Directions for use:

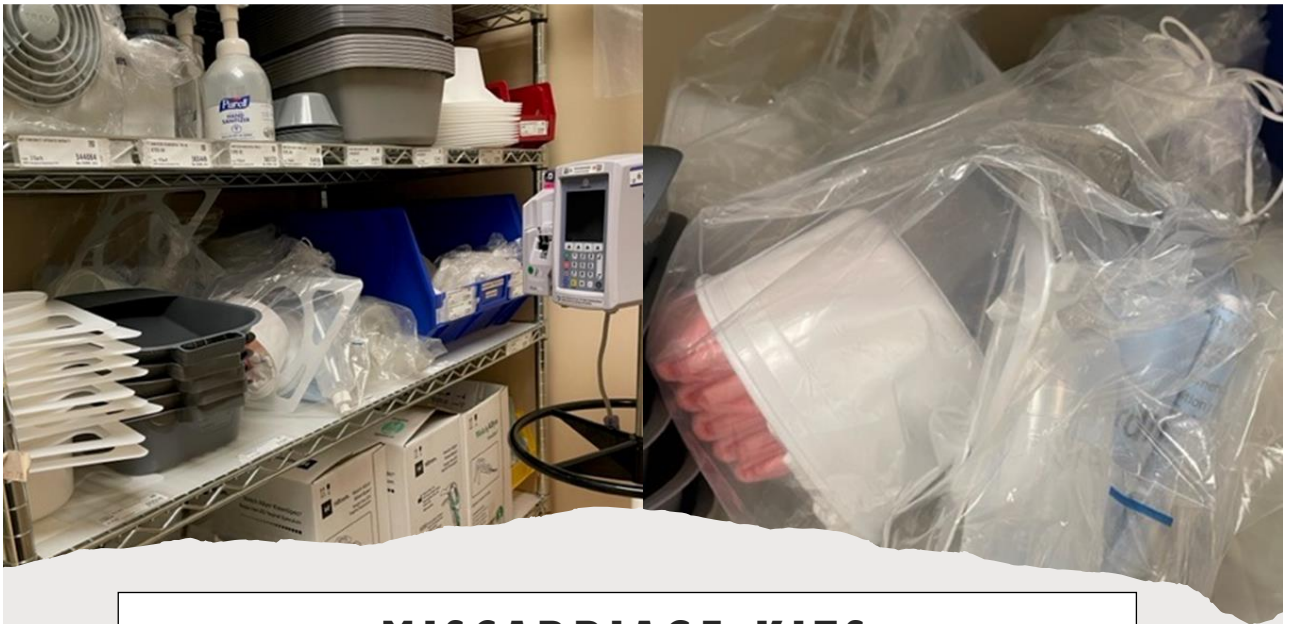
- Remove lid from specimen container. Pull up the toilet seat and place the complete unit on the bowl of the toilet. Put toilet seat on frame to hold unit in place. If you pass material that could be fetal or placental tissue, snap the lid on tightly and remove the container from the collection frame.
- Place the container within a plastic bag and store the container in the refrigerator. Soon after, contact your provider during normal business hours for further instructions. It is fine if you choose not to save the fetal or placental tissue.

Please accept our deepest condolences during this difficult time for you and your family.

NOT PERMANENT PART OF MEDICAL RECORD

NMHS-2180
Rev. 1/2023

5



MISCARRIAGE KITS

6

PATIENT EDUCATION

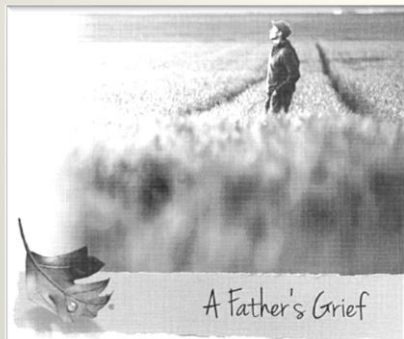
Instructions <input type="button" value="Follow Up"/>	
Search: <input type="text" value="ectopic pre"/> contains <input type="button" value="v"/> Language: <input type="button" value="English"/> <input type="button" value="v"/> <input type="button" value="Suggested"/> <input type="button" value="Departmental"/> <input type="button" value="Personal"/> <input type="button" value="All"/> <input type="button" value="Custom"/>	
Type in "Miscarriage"	Type in "Ectopic"
Incomplete Miscarriage	Ectopic Pregnancy
Miscarriage	Ectopic Pregnancy Easy-to-Read
Miscarriage Easy-to-Read	Methotrexate Treatment for Ectopic Pregnancy
Recurrent Pregnancy Loss	Ruptured Ectopic Pregnancy
Threatened Miscarriage	
Threatened Miscarriage Easy-to-Read	

7



It has to be the most terrible thing a family has to go through. I felt people made a big deal out of it. I was not so sad and people reacted as if I had lost something. I did not think of it as a loss, but rather a baring experience.

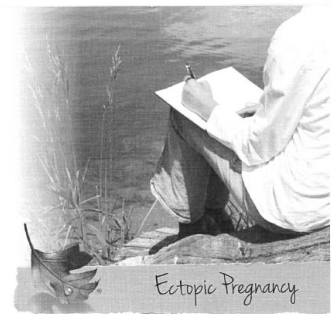
There are many ways to react to a miscarriage. You may be devastated by it, or you may feel it is an experience that you just have to live through. You may mourn for a lost child—deeply, a little, or somewhere in between. You may bounce back and forth between emotions. Some people who initially mourn little may find grief resurfacing *—some months or even years later*, and some may



"Don't die" cry— but you may find yourself crying alone some day.

I have to be strong for her—but you may need someone to hold you.

Challenging Traditional



With a failed pregnancy, there may be a greater feeling of loss because you worry about being able to conceive again.

A loss of any pregnancy is difficult at best. With an ectopic pregnancy, you may be mourning other losses as well.

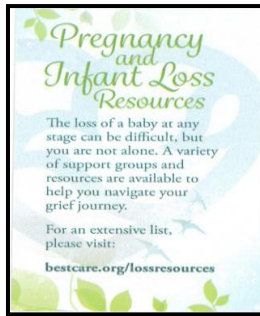
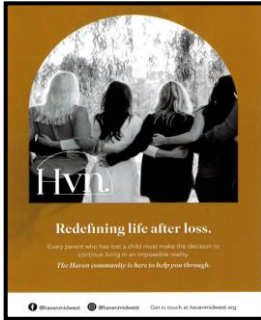
There is no right way to react to any kind of loss, including an ectopic pregnancy. You may be devastated by it, or you may feel it is an experience you just have to live through. You may mourn deeply for a lost child, or you may feel relieved that you are no longer pregnant. You may be *—somewhere in between.*

RESOURCES FOR FAMILIES

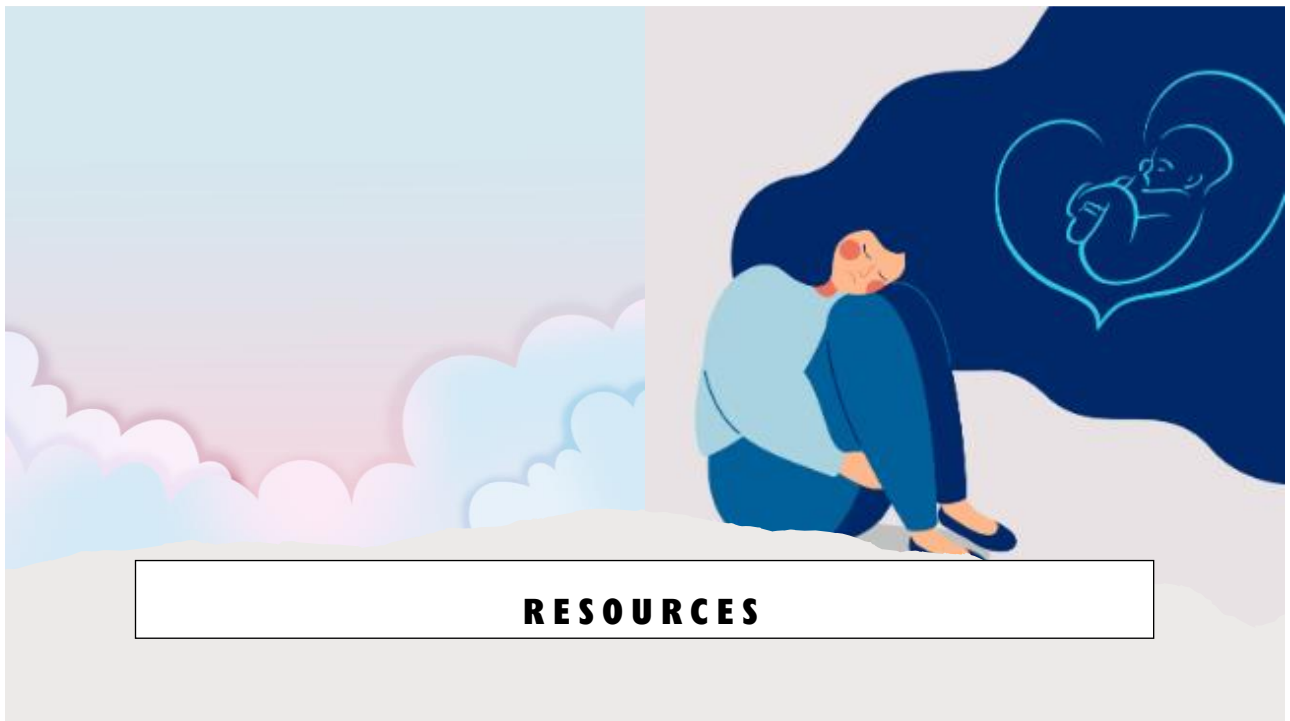
8

EARLY LOSS RESOURCE AND MEMENTO BAG

(ALL OF THE ITEMS BELOW ARE INCLUDED & PLACED IN THE WHITE BAG)



9



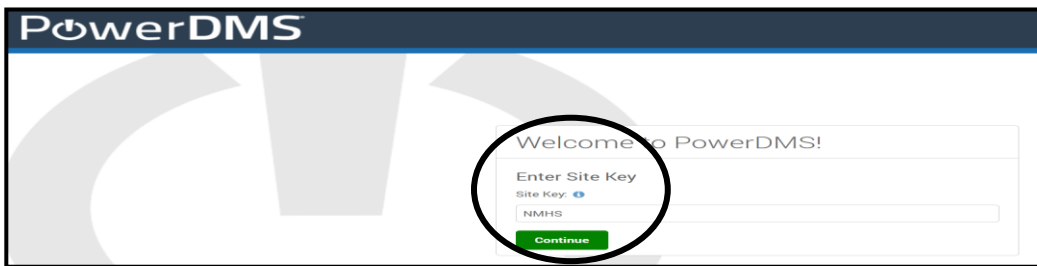
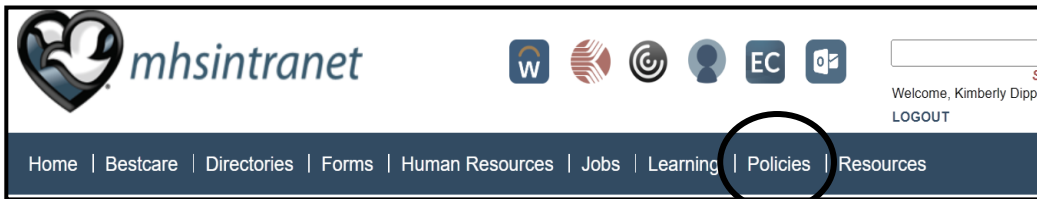
RESOURCES

10

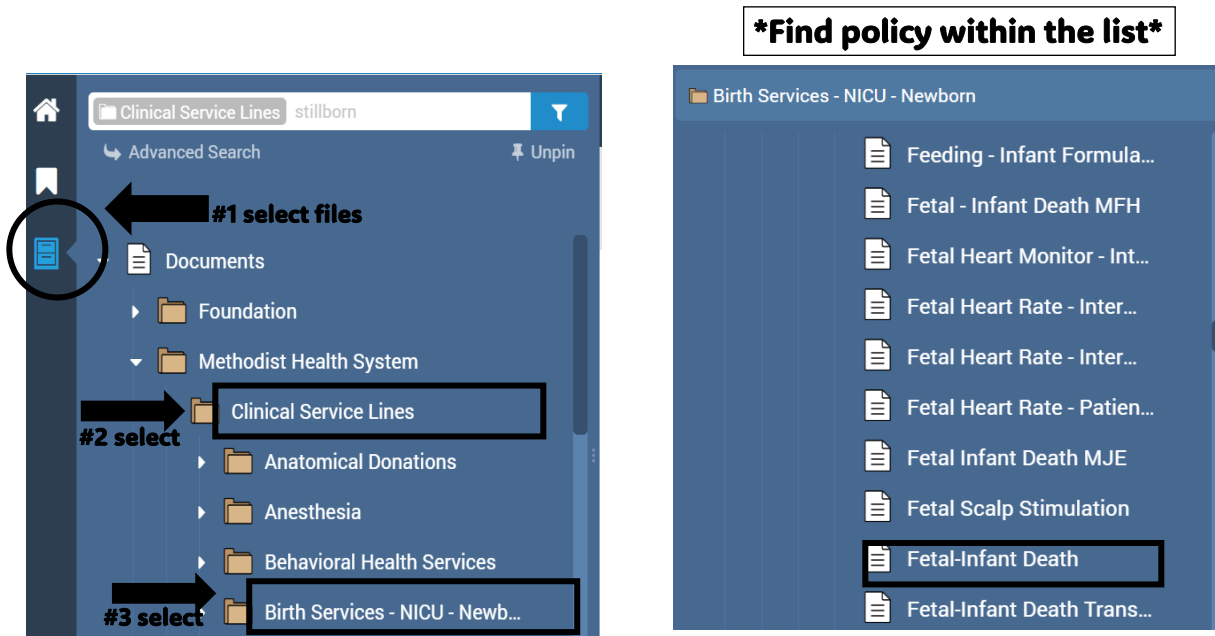
HOW TO FIND THE POLICY & CHECKLIST

11

KNOW HOW TO FIND THE POLICY ON THE INTRANET



12



13

GIVES A LIST OF NEEDED PAPERWORK & CHECKLIST BASED ON DEPARTMENT



14

CREATE OPPORTUNITIES TO PARENT

- THE CARING CRADLE IS A DEVICE THAT COOLS AND OFFERS A MORE DIGNIFIED, COMFORTABLE WAY FOR PARENTS AND FAMILIES TO SPEND TIME WITH A BABY WHO HAS PASSED AWAY. BY COOLING THE PRECIOUS BODY OF A BABY THE NATURAL CHANGES THAT OCCUR IN DEATH ARE SLOWED.



15

KEEPSAKE AND MEMENTO'S



16

KNOW WHERE YOUR SUPPLIES ARE KEPT



17



[Bridget's Cradles | Comfort, Hope, and Healing for Pregnancy Loss \(bridgetscradles.com\)](http://bridgetscradles.com)



18

FOOT/HAND MOLDS



19

FAMILY RESOURCES

20



Pregnancy and Infant Loss Resources

The loss of a baby at any stage can be a difficult, but you are not alone. A variety of support groups and resources are available to help you navigate your grief journey.

For an extensive list, please visit:

bestcare.org/lossresources

Online Resources

Now I Lay Me Down to Sleep

A group of volunteer photographers who will provide portrait session after delivery at the hospital at no cost to you.

Good Grief

Provides unlimited and free support to children, teens, young adults and families who are grieving a loss.

Light a Candle

Light a virtual candle in memory of a loved one.

March of Dimes

March of Dimes page specific to providing resources and helping you cope with perinatal loss.

Center for Loss in Multiple Birth (CLIMB), Inc.

For parents who have experienced the death of one or more, both or all of their twins or higher multiples at any time from conception through birth, infancy and childhood.

Grief Watch

Publisher and manufacturer of bereavement books and materials used by families and professionals around the country.

Pregnancy Loss and Infant Death Association (PLIDA)

Provides perinatal and neonatal bereavement care through education, advocacy and networking for health care

Support Groups, Education and Events

Remembrance of Life

A non-denominational memorial service for those who have experienced a pregnancy or newborn loss. Hosted by Methodist Women's Hospital Spiritual Care Services each fall. Contact Spiritual Care Services at (402) 354-4016 for more details.

Compassionate Friends

Provides support to parents, grandparents and siblings over the age of 18 who have experienced the death of a child of any age. For more information, call them at (402) 571-4011 or (712) 526-4308. You can also request to join their private Facebook group: "Loss to Miscarriage or Stillbirth."

Grief's Journey

General grief support that's not specific to perinatal loss for adults and children 3-18 years. For details about their events, visit their website or call (402) 502-2773 (English) or (402) 507-0190 (Spanish) for more information.

Nebraska SIDS Foundation

For families who are touched by the tragedy of sudden infant death. They are able to put you in touch with other families and care providers who have confronted grief and know what you are experiencing. For more information on monthly support groups, contact them via their website or call them at (402) 935-1911.

Centering Corporation

Grief literature available for public purchase. For more information, contact them at (402) 553-1200 or (402) 553-0507.

No Footprint Too Small

Birth and bereavement services such as birth and bereavement doulas, lactation consults, guidance on funeral arrangements, ongoing bereavement support, care packages, weighted memory bears, custom swaddles and translation services. For more information, contact them at (712) 574-0478.



HAVEN - REDEFINING LIFE AFTER LOSS | PARENT BEREAVEMENT SUPPORT (HAVENMIDWEST.ORG)

Redefining life after loss.

Every parent who has lost a child must make the decision to continue living in an impossible reality.

The Haven community is here to help you through.

[Request a Healing Gift](#)

Hvn. REDEFINING LIFE AFTER LOSS

Healing Resources

Local Support Groups
Haven offers healing gifts to parents, frequent events to promote healing and a network of others to connect with who have walked a similar path.
www.havenmidwest.org

In the Arms of Jesus Remembrance Photography and Grief Support Photo studio, bereavement/doulas support, events.
www.remembermylittleone.com/thermsupport

Central Post Counseling Specializes in trauma and grief counseling services.
www.post-counseling.com


Remembrance Items
Milk Beers Creates weighted teddy bears the exact weight of the baby.
www.milkbeers.com

The Milky Muddle Creates custom cremation, breast milk, flower petals, jewelry and keepsakes.
www.milkythemuddle.com

The Cooper Project Creates hand stamped personalized bracelets and necklaces for grieving mothers.
www.cooperproject.org



Endless Journey
Pediatric Care



- Concurrent Care Coordination Between Primary Care and Endless Journey
- Nurse Practitioner, Nurses & Bath Aides
- Certified Child Life Specialist for Child and Sibling Support
- A Wide Array of Holistic Services Available
- Social Worker Support & Endless Bereavement Support
- Religious & Spiritual Support
- Registered Dietician & Family Meal Program
- Robust Volunteer Program

ENDLESS
JOURNEY
PEDIATRIC
CARE

Endless Journey

*"That's the thing about love. It's the only thing that never dies. It's an endless journey."
~ Melanie Costlow, RN
President & Founder of Endless Journey, LLC.*

My kiddos are regularly seeing a wonderful counselor who comes to our home and spends 1 on 1 time with them. I love that we are able to have open communication with her... She has seen us at our worst and she's now helping us slowly fix our broken hearts."
~Ashlee O.

*"From the beginning we knew that we were going to be in good hands, felt supported, felt cared for, we weren't alone. It was not just Antonio that was being cared for, it was our entire family as we were with him on his final journey. It was an experience that will always be bitter for me, but also one of the most precious and sweetest experiences, and part of that is due to the people we had surrounding us those last days."
~ Melanie B.*

Endless Journey, LLC
10831 Old Mill Road, Ste 400
Omaha Ne 68154
Office: 402-800-8145
Fax: 402-493-1794
www.EndlessJourneyHospice.com

23

LUNA BABIES FOUNDATION

What We Do

Pregnancy and Infant Loss
Bringing awareness to Pregnancy and Infant Loss through education and support.

Financial assistance for infant burial
We believe parents should be able to lay their infant child to rest in the manner they choose is best, without the constraints of financial ability.

Grief Support
We strive to support the individual grief process by connecting families to community resources and bereavement support groups.



More Information
Visit our website at www.lunababies.org for more information or to apply for assistance.

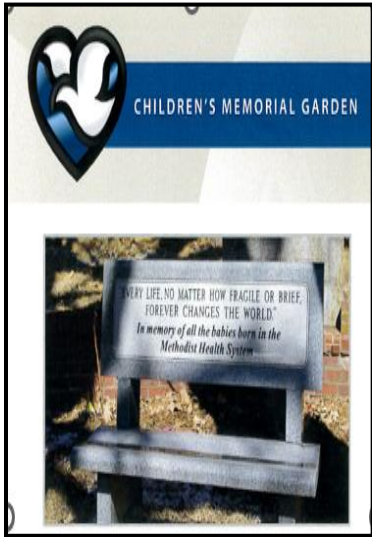
Contact Us
admin@lunababies.org



Donate

24

POSTCARDS ARE AVAILABLE FOR PATIENTS



Families sometimes ask, "Is there a place we can go to be near the precious little one we have lost?"

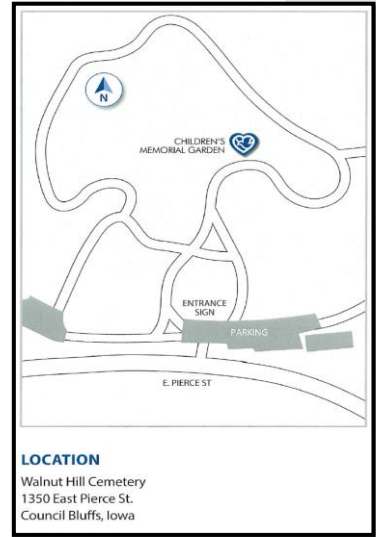
There is a special place you can go to remember, reflect and perhaps feel closer to your little one who is buried at Walnut Hill Cemetery in Council Bluffs, Iowa.

A bench within the Children's Memorial Garden at Walnut Hill Cemetery is available to you if you choose to visit. It has been located there to provide you a place to reflect upon and honor your baby's memory and your family's loss.

The cemetery gates are open from sunrise to sunset.

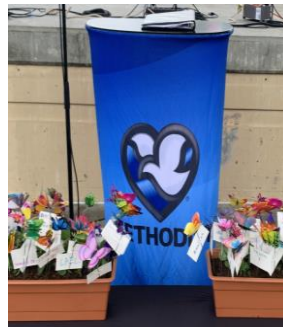
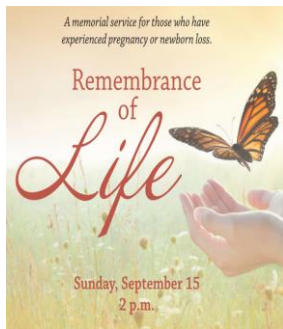


METHODIST



25

REMEMBRANCE OF LIFE CEREMONY



Third Sunday in September

26

The month of October Has Been Designated as Pregnancy and Infant Loss Awareness Month

World Pregnancy & Infant Loss Remembrance Day



**"WE INVITE YOU TO JOIN OTHER FAMILIES
ACROSS THE WORLD BY LIGHTING A
CANDLE AT 7PM LOCAL TIME AND LEAVING
IT BURNING FOR AT LEAST ONE HOUR TO
REMEMBER ALL BABIES THAT HAVE DIED
TOO SOON"**

*in memory of
one too soon.*

babyloss-awareness.org/wave-of-light/

27

QUESTIONS



28