

A colorful logo for the Rainbow Care Service, featuring several curved, overlapping shapes in green, purple, blue, red, and yellow, resembling a stylized rainbow or abstract human figures.

# Pregnancy after loss and our Rainbow Care Service

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**This leaflet explains how the Rainbow Team will support you through your new pregnancy and planning for the birth of your baby/babies. It also includes some key health information relevant to care in pregnancies after loss.**

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## Introduction

At the Royal Berkshire Hospital we are proud to have run a pregnancy after loss (PAL) pathway since 2018. Our service is called Rainbow Care as the term 'rainbow baby' is often used for a baby born after a loss. We call it a pathway as your care is personalised to you and recognises the loss you have suffered and that you may benefit from a different experience than someone who has never experienced a loss. There are different pathways depending on when, why or how you experienced loss and when you come to us you will be triaged by one of the specialist midwives into the most appropriate PAL pathway of care. The detail of this pathway and what to expect from your pregnancy journey will be discussed with you at this time. Working with the obstetric consultant, we will also ensure that any medications specific to your pathway are available.

## How will my care be different?

If your pregnancy loss was after 16 weeks, due to either a suspected placental, cervical or unknown cause then you will be invited to attend your appointments at our Rainbow Clinic. You will be offered additional scans as needed and we also offer additional emotional support and reassurance from our Rainbow midwives. We also recommend aspirin in most pregnancies after loss.

We work collaboratively with your obstetrician and other specialist services as required, such as pre-term birth, diabetes clinic, specialist bereavement counsellors and perinatal mental health team.

## Appointments

Your appointments will be with the Rainbow Team but will still be in the Antenatal Clinic, Level 2, Maternity Block. Please check in at the Main Antenatal Reception as you arrive in the front of the Maternity Block and they will direct you to the waiting room. You can attend this appointment with a support person. If you feel unwell or are not able to attend your Rainbow clinic appointments, please call 07500 835 264 as soon as possible so that we can rearrange your appointments.

## Aspirin

After your first scan we recommend you take 150mg aspirin (unless you have any allergies to this) once a day in the evening, with or after food. This small amount of aspirin has been shown to reduce the risk of preeclampsia, growth restriction, preterm birth and perinatal death in high risk pregnancies. If you have any questions about this, please speak to a member of the team.

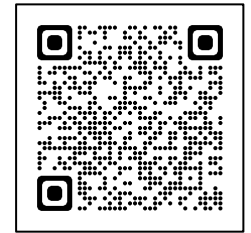
## Additional reading and information

The Rainbow Care Team are available to answer your questions, you might also find some of the resources below helpful:

**Tommy's**  
Together, for every baby



Tommy's is the largest UK charity researching the causes and prevention of pregnancy complications, miscarriage, still birth and premature birth. Scan the code for more information about coping with anxiety in pregnancy after loss. There is also a Facebook support group.

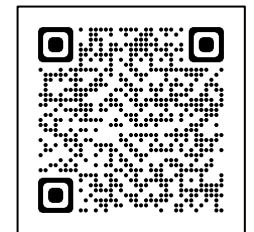


For more than 40 years, Sands has offered understanding and comfort to any who has suffered a loss through its Freephone helpline, mobile app, online community and resources, and locally through a UK-wide network of around 100 regional support groups.

[Sands online forum](#) has a group for bereaved parents in a subsequent



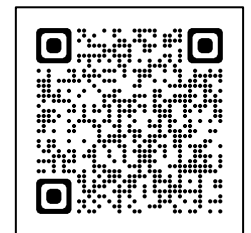
pregnancy. Some of their local support groups also offer sessions specifically for bereaved parents in a subsequent pregnancy. They have a page with lots of information and a booklet to download.



## Keeping well in pregnancy

Scan/Click this QR code to access information from the NHS about how to look after yourself and your baby during pregnancy.

<https://www.nhs.uk/pregnancy/keeping-well/>



## Vitamin D

10mcg Vitamin D is recommended throughout pregnancy and whilst breastfeeding.

## Folic Acid

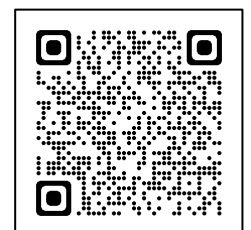
It's important to take a 400 micrograms folic acid tablet every day before you're pregnant and until you're 12 weeks pregnant. Folic acid can help prevent birth defects known as neural tube defects, including spina bifida. You can take these vitamins as part of a pregnancy specific multivitamin. <https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>

## Vaccinations in pregnancy

During pregnancy, your immune system (the body's natural defence) is weakened to protect the pregnancy. This can mean you're less able to fight off infections. For this reason, the following 3 vaccines are advised. Please arrange these through your registered GP surgery.

- Covid vaccines
- Whooping cough – between 20 and 32 weeks
- Flu vaccine during flu season between September and April

<https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

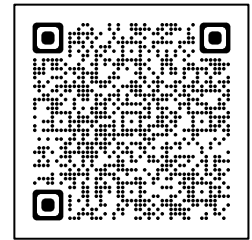


## Covid vaccine decision-making tool



Scan the QR code to access a decision-making tool from the Royal College of Obstetricians and Gynaecologists to help you decide about covid vaccines in pregnancy.

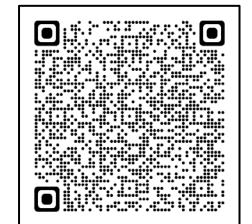
<https://www.rcog.org.uk/guidance/coronavirus-covid-19-pregnancy-and-women-s-health/vaccination/covid-19-vaccines-pregnancy-and-breastfeeding-faqs/>



## Could you help with research?

RBH Rainbow Clinic has been asked to participate in a National Research Study led by Professor Alex Heazell from St Mary's Hospital, Manchester. The study is looking at the difference that Rainbow Care makes both to pregnancy outcomes and to your experiences. It is based on data collected from three short questionnaires completed throughout your pregnancy. Please read the Patient Information leaflet by scanning the QR code, explaining more about the study. There is no obligation to agree to participate and your decision will not affect your care in any way at all. We will ask you about this research at the 16 week midwife appointment.

[rainbow-participant-information-sheet\\_jul23.pdf \(royalberkshire.nhs.uk\)](#)



## Contacting us – we're here if you need us

You, your community midwife or GP can email [rbft.rainbowcare@nhs.net](mailto:rbft.rainbowcare@nhs.net) or call **07500 835 264** for any non-urgent enquiries; we aim to respond within 48-hours Monday to Friday, or sooner. If you need to change or rearrange an appointment please call the Rainbow Clinic Team on **07500 835 264**.

### **For urgent queries:**

- Before 16 weeks, speak to your registered GP or call 111 if out-of-hours
- After 16 weeks call the Triage Line on **0118 322 7304** (open 24/7)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

J Hudson, Rainbow Lead MW & J Ward, Pregnancy after loss pathways Lead MW, December 2023  
Reviewed: December 2023. Next review due: December 2025

## Our Maternity Strategy and Vision

*'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'*

You can read our maternity strategy here

