



## 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 on level 2 in the 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 until 36 weeks of pregnancy. 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:



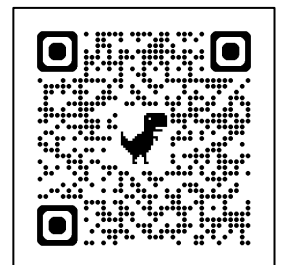
Tommy's is the largest UK charity researching the causes and prevention of pregnancy complications, miscarriage, stillbirth and premature birth -

<https://www.tommys.org/>. There is also a Facebook support group you can access via the QR code.



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 community 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 this QR code to access information from the NHS about how to look after yourself and your baby during pregnancy, or click the link here

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



## Vitamin D

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

## Folic Acid

It is 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 in order to protect the pregnancy. This can mean you are less able to fight off infections. For this reason, we recommend the following four vaccines. Please arrange these through your GP surgery.

- Covid vaccines – safe to have at any stage in your pregnancy
- Whooping cough – between 20 and 32 weeks of pregnancy
- Flu vaccine during flu season between September and April
- RSV (Respiratory Syncytial Virus) – as soon as possible from 28 weeks of pregnancy



Further information on all the above can be found on the NHS website at <https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

### Contacting us: We are 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.**

RBFT Maternity Unit. J Hudson, Rainbow Lead Midwife & J Ward, Pregnancy After Loss Pathways Lead Midwife, December 2023

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