



Royal Berkshire
NHS Foundation Trust

Information for women about Rainbow Care

Introduction to the Rainbow Care clinic
held at Royal Berkshire Hospital

This information has been written to answer your queries and reduce any worries you may have. It also explains the concept of Rainbow Care and how the team looking after you will support you through your pregnancy and delivery. We have asked women who have had late miscarriages or stillbirths for their advice when writing this leaflet.

A 'Rainbow pregnancy' is a term used by many families to describe pregnancy after the loss of a baby through late miscarriage or stillbirth, or an early neonatal death. It is seen by those who coined the term as a symbol of beauty and tranquillity after a stormy and turbulent time. However, for every woman and their families it is a time of hope mixed with anxiety.

At the Royal Berkshire Hospital we have set up one of the first NHS funded multi-disciplinary team of experts to look after women in Rainbow pregnancies. The team has a specialist midwife, a consultant obstetrician and a fetal medicine ultrasound specialist. We can link in to many other specialised services on a bespoke basis. There is no need for your midwife or GP to ask for you to have appointments with consultant midwives, birth after Caesarean midwives, consultant anaesthetists or the Peri-Natal Mental Health Team as these will be arranged by us if needed.

We offer the initial booking appointment for a woman, before 12 weeks, with our specialist midwife. She will arrange any additional scans that were recommended at the Bereaved Parents' Clinic for the 12-20 week period. Liaising with our consultant, she will also ensure that if there were recommendations for any prescriptions that these can be written. She will give women her dedicated mobile phone number and advise how to get in touch.

The midwife will offer an appointment at 16-17 weeks in the Rainbow Clinic.

All women will be offered an appointment with the consultant around 20 weeks, when the detailed scan is also performed; if not earlier if the circumstances around the loss of your baby mean this is needed.

Appointments will usually be made for 23-24 and around 27-28 weeks for women, and most will have a scan at one or both visits.

After 28 weeks, most women will be offered an appointment every two weeks with the team. Scans will be booked on a personalised care plan basis.

We are happy to plan delivery after 37 weeks have been reached for most women: the 'how' and 'when' will usually be agreed later in pregnancy, depending on the circumstances of your loss, previous deliveries and how the Rainbow pregnancy has progressed.

We have Rainbow Baby outfit bags, containing a new hat, nappy, vest and sleep-suit which you are welcome to dress your Rainbow Baby in if you would prefer not to bring baby clothes in when you come to give birth: we ask that you kindly donate similar pieces of new clothing so that we can give these to another family making the journey after you.

Our model of care has been based on the Rainbow Clinic at St Mary's Hospital in Manchester, which is funded by the Tommy's Charity. They have found, from their research that being cared for by a small team of experts reduces anxiety and the numbers of 'urgent checks' many women seek between appointments from staff who don't know their story.

You, your community midwife or GP should use the email address rbft.rainbowcare@nhs.net for any non-urgent enquiries and we aim to respond within 48 hours Monday to Friday, although often respond sooner.

All urgent queries should be made on the day to your GP or community midwife by phone, or calling the Royal Berkshire Maternity Triage Line on 0118 322 7304.

Useful contacts

Bereavement Midwife Team

Tel: 07500 835 264

Email: rbft.rainbowcare@nhs.net

This document can be made available in other languages and formats upon request.

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Approved: Maternity Information Group & Patient Information Manager,
October 2018

Review date: October 2020