

Early Pregnancy Loss

Support Resource Guide



A Note from Saint Alphonsus

At Saint Alphonsus we value every life no matter how tiny.

Whether your pregnancy was planned or unplanned, the feelings you experience after the loss can often be more intense than you might have expected. This book is a resource to help guide you through this very difficult time in your life.

CONTACT

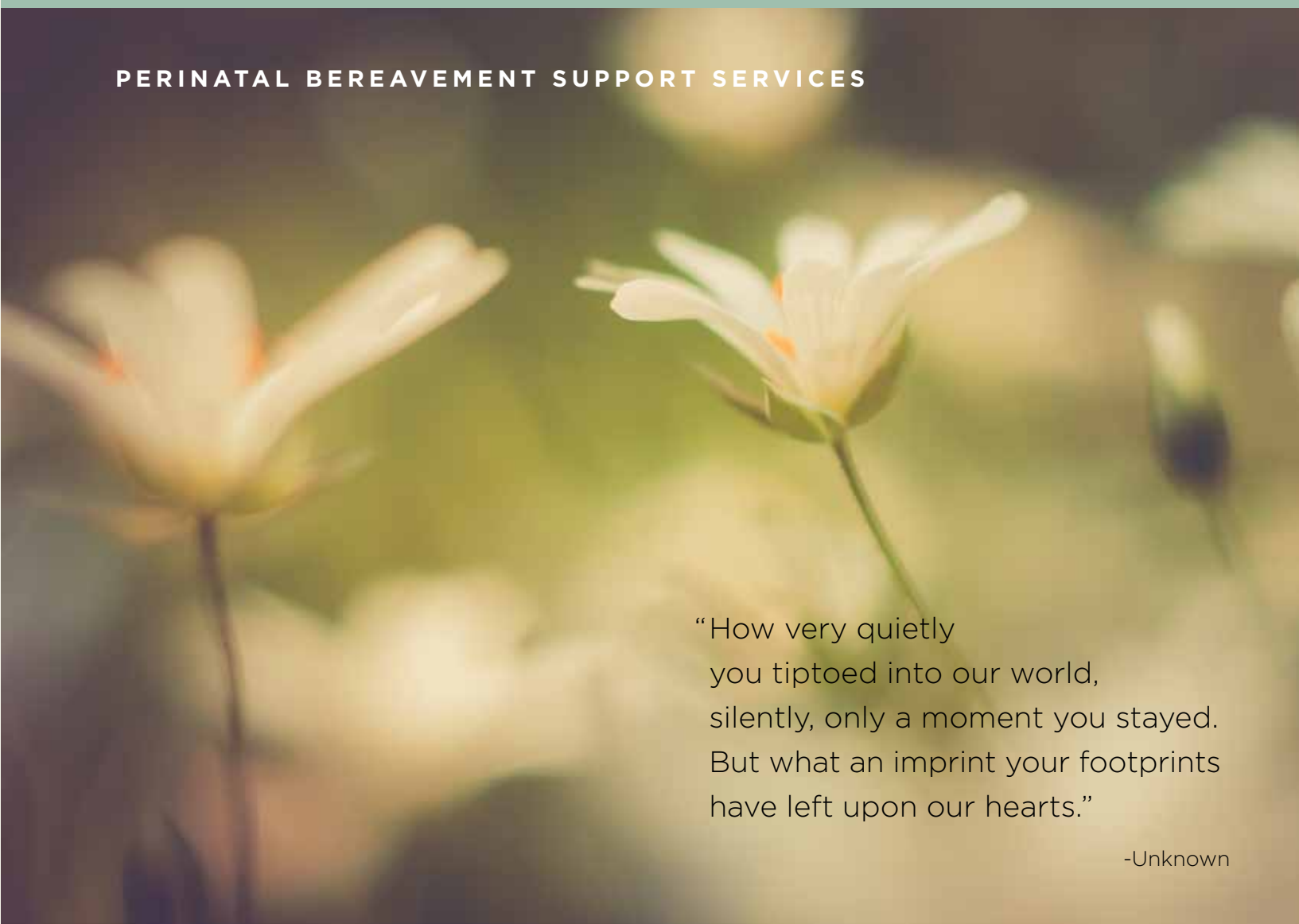
GARDENS

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PERINATAL BEREAVEMENT SUPPORT SERVICES



“How very quietly
you tiptoed into our world,
silently, only a moment you stayed.
But what an imprint your footprints
have left upon our hearts.”

-Unknown

SERVICES

Saint Alphonsus Perinatal Bereavement Services provides education and support to all families who have experienced an early pregnancy loss, stillbirth or death of a newborn.

Resources:

- Monthly support groups
- One-on-one support
- Lending library
- Arrangement for placement in one of our gardens
- Annual Remembrance Ceremony
- Angel Village – donation of comfort items for families and staff after a loss

Contact Us

Bereavement Coordinator – Boise
Christina Babin
(208) 367-7488
christina.babin@saintalphonsus.org

Bereavement Contact – Nampa
Karen Bell
(208) 288-4828
karen.bell@saintalphonsus.org

Bereavement Contact – Ontario
Spiritual Care
(541) 881-7037

SERVICES



CHAPLAINCY SERVICES

Saint Alphonsus is committed to serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities. Our certified professional chaplains provide support in times of grief.

SaintAlphonsus.org/chaplaincy-and-spiritual-care

INFORMATION

A miscarriage is when a baby is lost before the 20th week of pregnancy. 15-20% of pregnancies end in miscarriage and most miscarriages happen in the first 13 weeks of the pregnancy. In medical terms, this is called a spontaneous miscarriage or early pregnancy loss.

CAUSES

- Most causes are unknown
- Genetic problems
- Infection of the cervix or uterus
- An abnormal shaped uterus, fibroid tumor or congenital abnormalities
- Trauma, medical or hormone problems
- The tissue in the cervix is not strong enough to hold the pregnancy
- Drug use

SYMPTOMS

- Bleeding or spotting from the vagina
- Cramping of the lower abdomen
- Passing of fluid from the vagina with or without cramps or pain
- Passing fetal tissue



“May every sunrise hold more promise, every sunset hold more peace.”

-Unknown

Treatment

Your provider may determine that no further treatment is necessary if your body passes all tissue in the uterus. This is called expectant management. Medications may be prescribed to help the uterus contract and antibiotics may be used for infection. In the case of an incomplete miscarriage, when the fetus or placenta remain in the body, surgical management may need to take place. Always consult with your caregiver before trying for another pregnancy.

INFORMATION

Home Care Instructions

- Normal every day activities are fine. No strenuous activity or exercising until your provider gives approval.
- You may want/need to have some extra help at home.
- Write down how many pads you use each day. Write down how soaked they are.
- Do not use tampons. Do not wash out your vagina (douche) or have sexual intercourse until your doctor approves.
- Only take medications as told by your doctor.
- Do not take aspirin as it may increase bleeding.
- Keep all doctor visits.
- If you or your partner has problems with grieving please contact your health care provider.

CALL YOUR DOCTOR'S OFFICE RIGHT AWAY IF:

- You pass large clumps of blood (clots) from your vagina that are egg-sized or larger. Save the clumps as your provider may want to see them.
- You soak more than one pad per hour for two consecutive hours.
- You have thick, bad-smelling fluid (discharge) coming from your vagina.
- You get lightheaded, weak, or you pass out or faint.
- You develop a fever over 100.4 degrees or have chills.
- If your sadness becomes severe enough that it is interfering with your ability to function.

Go to the Emergency Room right away if you have any of the above issues and your doctor's office is closed.

INFORMATION

Rights of Parents

- To be told all options and be given the choice (when medically possible) on how to proceed when their baby has died.
- To be with each other during tests, procedures or hospitalization as much as possible.
- To have information presented in understandable terminology regarding their baby's status and/or cause of death (if known), including pathology reports and medical records.
- To be able to see and hold their baby and/or take photographs if possible.
- To be given the option to name their baby, whether or not gender is known.
- To observe cultural and religious practices appropriate to the situation.
- To be cared for by an empathetic staff who will respect their feelings, beliefs and individual requests.
- To be informed of the grieving process and to be given referrals and resources that will help them through their grief.
- To be given as many mementos as possible that are available (ultrasound photos, memory box, certificate of life).
- To be given information on the facility's disposition policy.
- To be given options regarding farewell rituals.

SUPPORT

The MISSION of Share Pregnancy and Infant Loss Support is to serve those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or in the first few months of life.

Through mutual-help groups, Share provides a strong supportive atmosphere where members can share their experiences, thoughts and feelings.

The PURPOSE of Share is to:

- Provide support toward positive resolution of grief experienced at the time of/or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing as well as sustaining the family unit.
- Provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community including family, friends, and employers, members of the congregation, caregivers and others in their supportive role.

Share is offered at no cost to any parent or person in need of support. **This support group meets from 6:30-8:00 pm on the first Tuesday of each month.**

Liberty Medical Park Building
(south entrance of the building)
6200 W. Emerald Street, Suite 101
Boise, ID 83706
(208) 367-7488
SaintAlphonsus.org/share

Share

Pregnancy & Infant Loss Support

A support group
for families experiencing
miscarriage, stillbirth,
perinatal loss and
early infant death.

“Those who touch our lives
stay in our hearts forever.”

-Unknown

SUPPORT

HOW FAMILY AND FRIENDS CAN HELP

People who get support from close friends and relatives are better able to cope with major stresses in life. Share these tips with your family and friends as they help you through the grieving process:

Don't assume that grieving parents don't want to talk about their loss. And it is okay to say, "I don't know what to say." It's honest, and it opens the door for the parents to share their feelings.

Some parents get great comfort by naming their baby, no matter how long they lived. The name identifies the baby as a person and lets everyone participate in saying goodbye. Calling the baby by name tells the parents that you acknowledge the child.

The loss of a baby affects the entire family, including siblings. While the child may not yet understand death, even the youngest child may feel the tension and sadness. Acknowledge their loss and comfort them through artwork or play. Let them give the baby a favorite toy, picture, or gift that will always be with them.

Grief doesn't end at the funeral. It may be 24 months or longer before parents feel normal again. Some need less time, some need more. Parents go on with their lives, but they're never quite the same again. They develop a new sense of normal. As a friend or family member, you can help most by recognizing grieving has no schedule.

Respect the parents' right to express whatever they are feeling or thinking. Accept them for who and what they are – parents.

SUPPORT

Below is a sampling of phrases to guide family & friends:

Do Say

"I wish this pregnancy had turned out the way you had hoped."

"What is important to you?"

"I'm sorry."

"What can I do for you right now?"

"I'm here to listen."

"This must be so hard for you."

Silence and just being present are OK too.

Don't Say

"You're young, you can have others."
Parents need the time to mourn before thinking of another baby.

"You have an angel in heaven."
An angel is not what they wanted, they wanted a baby.

"This happened for the best."

"Better for this to happen before you knew the baby."

"There was something wrong with the baby anyway."

"Don't be sad." "Don't cry."
Do not try to tell the parents how to feel.

"Don't dwell on this."

"Just put it behind you."

"If you need anything, call me."
Bereaved parents seldom reach out.

“There is no foot so small
that it does not leave an
imprint on this world.”

-Unknown

GARDENS



SAINT ALPHONSUS

Angel Garden, Garden of Innocents & Heaven's Cradle

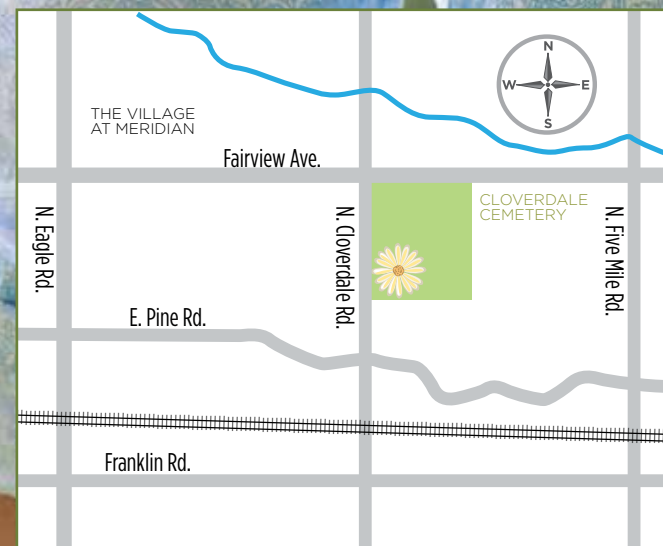
Families have a place to reflect on the loss of their precious loved one in Boise, Nampa and Ontario.

The Saint Alphonsus Angel Garden in Boise, Garden of Innocents in Nampa and the Heaven's Cradle in Ontario are the final resting places for babies who are less than 20 weeks old.

The graves are not individually marked, but the area has been lovingly developed to reflect respect and sensitivity for the families. Parents and families are encouraged to visit the garden at any time to reflect or pray. Meeting with loved ones at these gardens allows us all to reflect upon the beautiful spirit that remains in our hearts.

GARDENS

BOISE



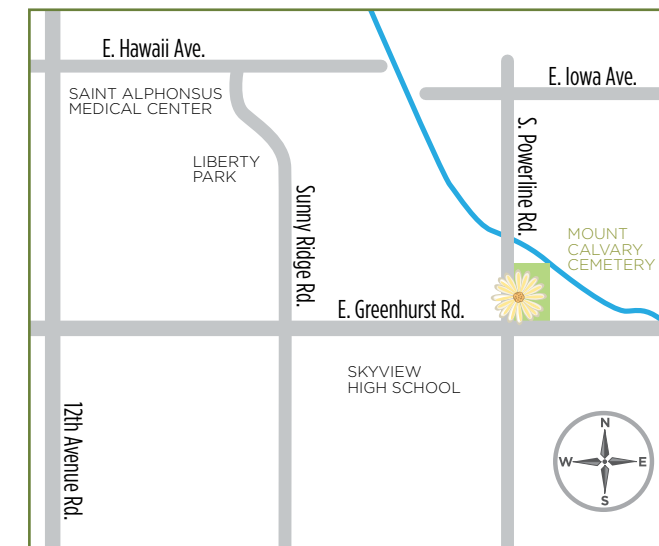
The **ANGEL GARDEN** is located at the Cloverdale Cemetery in Boise. It is accessible as you enter the Cloverdale Cemetery main entrance on Fairview Avenue. Follow the road to the right and the Angel Garden is in front of you as the road curves to the left. It backs up to Cloverdale Road.

An annual ceremony is held from 11:00 am - 12:00 pm in May on the Saturday before Memorial Weekend. All who have experienced or been touched by a loss, no matter when or how far along are welcome to attend.

SaintAlphonsus.org/Angel

GARDENS

NAMPA



The **GARDEN OF INNOCENTS** is located at Mount Calvary Cemetery in Nampa. It is accessible as you enter through the gate at the corner of South Powerline Road and Greenhurst Avenue. There is a marker and Altar to identify the area.

ONTARIO



HEAVEN'S CRADLE is Ontario's bereavement garden. It is located in Sunset Cemetery, 685 Sunset Drive, Ontario, Oregon.

A candle lighting ceremony called "The Wave of Light" is held annually, October 15, on National Pregnancy Loss Remembrance Day to honor and recognize those we have lost prematurely.

GARDENS

Contact Us

OB/GYN CLINICS

1072 N. Liberty Street, Suite 100
Boise, ID 83704
(208) 367-4224

323 E. Riverside Lane, Suite 224
Eagle, ID 83616
(208) 367-6237

4424 E. Flamingo Avenue, Suite 220
Nampa, ID 83687
(208) 288-4888

1219 SW 4th Avenue, Suite 2
Ontario, OR 97914
(541) 889-2229

EMERGENCY DEPARTMENTS

Saint Alphonsus Regional Medical Center
1055 N. Curtis Road, Boise, ID 83706

Saint Alphonsus Eagle Health Plaza
323 E. Riverside Drive, Eagle, ID 83616

Saint Alphonsus Nampa Health Plaza
4400 E. Flamingo Avenue, Nampa, ID 83686

Saint Alphonsus Medical Center
1512 12th Avenue Road, Nampa, ID 83686

Saint Alphonsus Medical Center
351 SW Ninth St., Ontario, OR 97914

Saint Alphonsus Medical Center
3325 Pocahontas Road, Baker City, OR 97814

For more information, please visit
SaintAlphonsus.org/trauma-emergency

FACEBOOK PAGES

[Facebook.com/SaintAlsShare](https://www.facebook.com/SaintAlsShare)
[Facebook.com/SaintAlsAngelVillage](https://www.facebook.com/SaintAlsAngelVillage)

AUTHORIZATION FOR PREGNANCY LOSS PLACEMENT

This information was designed to assist you in caring for yourself, coping with this experience, and communicating your wishes regarding your baby's body.

When a preterm fetal delivery occurs and there are no signs of life at the time AND the pregnancy was less than 20 weeks gestation, parents have the option of placing the baby in the Saint Alphonsus Angel Garden, Garden of Innocents or Heaven's Cradle, OR having a private burial or cremation through a funeral home/mortuary, OR the family may assume responsibility.

SAINT ALPHONSUS ANGEL GARDEN, GARDEN OF INNOCENTS & HEAVEN'S CRADLE

- Saint Alphonsus maintains respectful care for the baby with an early loss, regardless of how early it occurs.

FUNERAL HOME/MORTUARY SERVICES

- You may make your own arrangements for burial or cremation through a funeral home/mortuary of your choice. If cremated, you may obtain ashes from the funeral home.

FAMILY ASSUMES RESPONSIBILITY

- You may choose to assume care of the remains of your baby and care for according to your own beliefs.

AUTHORIZATION FOR PREGNANCY LOSS PLACEMENT

..... I release the fetal remains to Saint Alphonsus Health System to make final disposition in accordance with Idaho Code section 39-268. I understand that burial will occur at:

- Saint Alphonsus Angel Garden at Cloverdale Cemetery in Boise
- Saint Alphonsus Garden of Innocents at Mount Calvary Cemetery in Nampa
- Saint Alphonsus Heaven's Cradle at Sunset Cemetery in Ontario

..... I desire private burial or cremation through the Funeral Home listed below:

..... I assume responsibility for fetal remains less than 20 weeks gestation and less than 350 grams weight. Transfer fetal remains to the medical office listed below for me to pick up:

Patient Name Printed

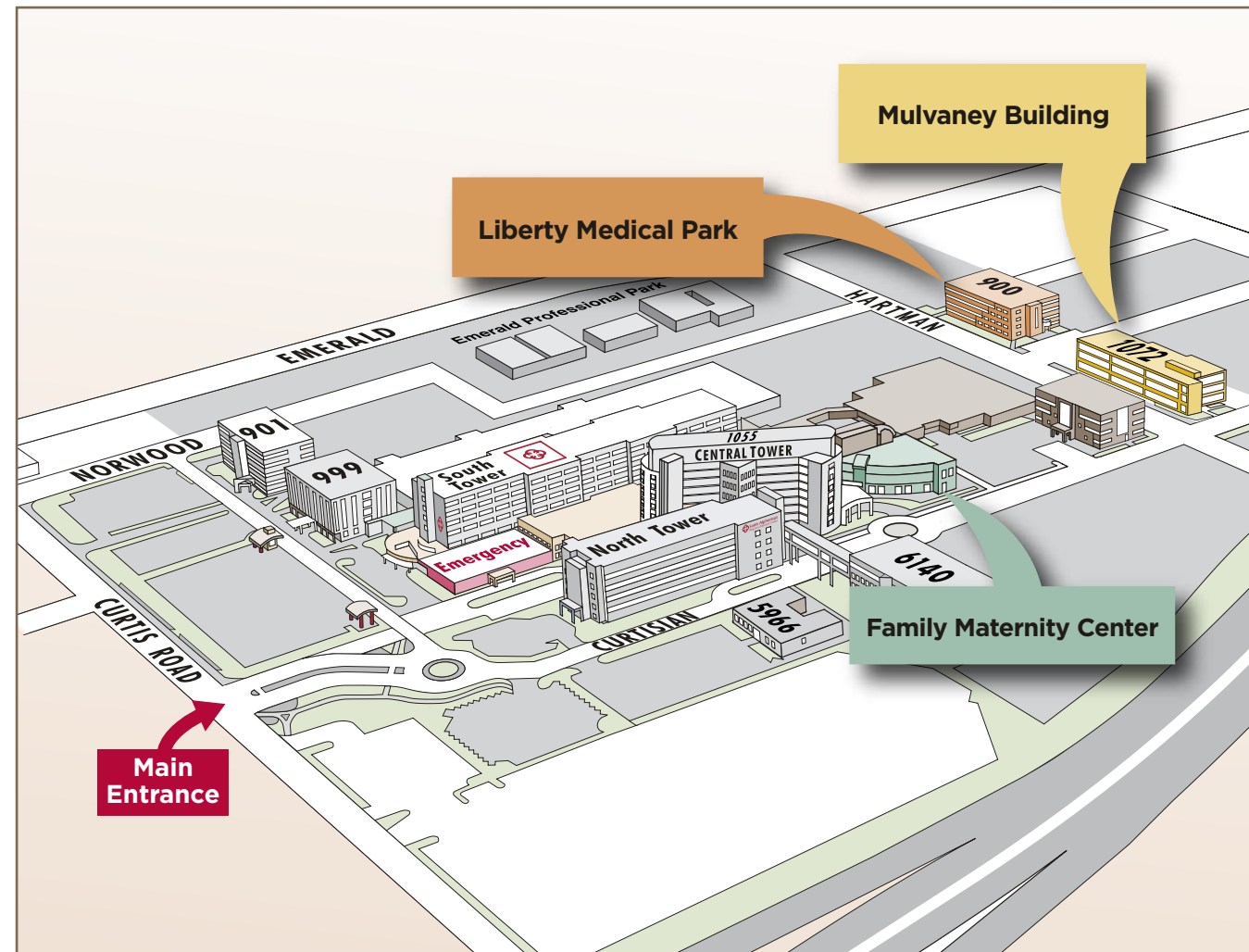
Patient Signature Staff Signature

Date

CONTACT

CONTACT

BOISE



Family Maternity Center

Entrance N4
1055 N. Curtis Rd.
Boise, ID 83706
(208) 367-8000

Obstetric Hospitalists
(208) 367-6222

Liberty Medical Park

Entrance W4
900 N. Liberty
Boise, ID 83706

Family Center

Ste. 204
Bereavement Coordinator
(208) 367-7488

Maternal-Fetal Medicine

Ste. 206
(208) 367-5544

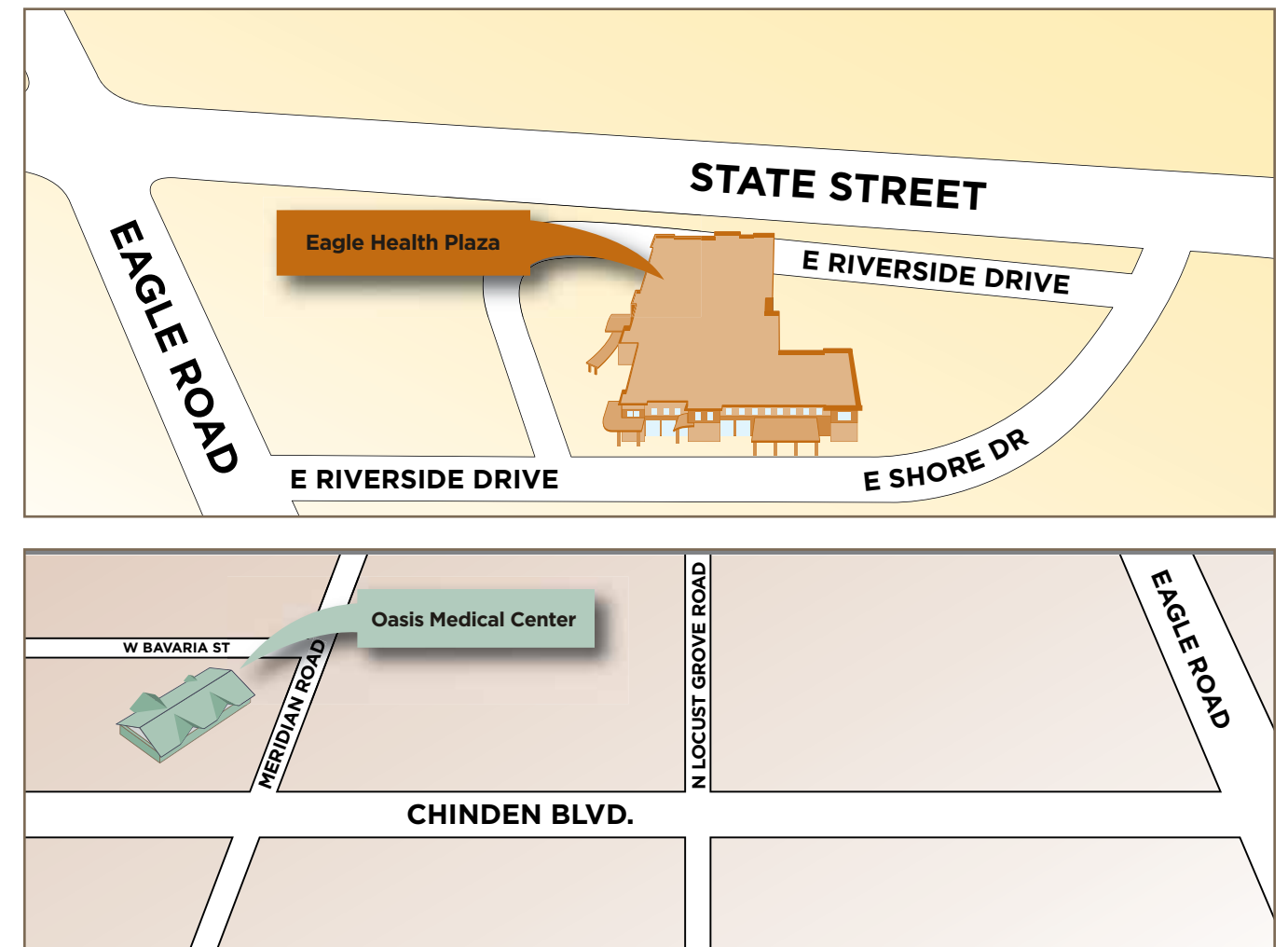
Mulvaney Building

1072 N. Liberty
Boise, ID 83706

Obstetrics & Gynecology

Ste. 100
(208) 367-4224

EAGLE



Oasis Medical Center

3217 W. Bavaria St.
Eagle, ID 83616

Obstetrics & Gynecology

(208) 367-6676

Eagle Health Plaza

323 E. Riverside Dr.
Eagle, ID 83616

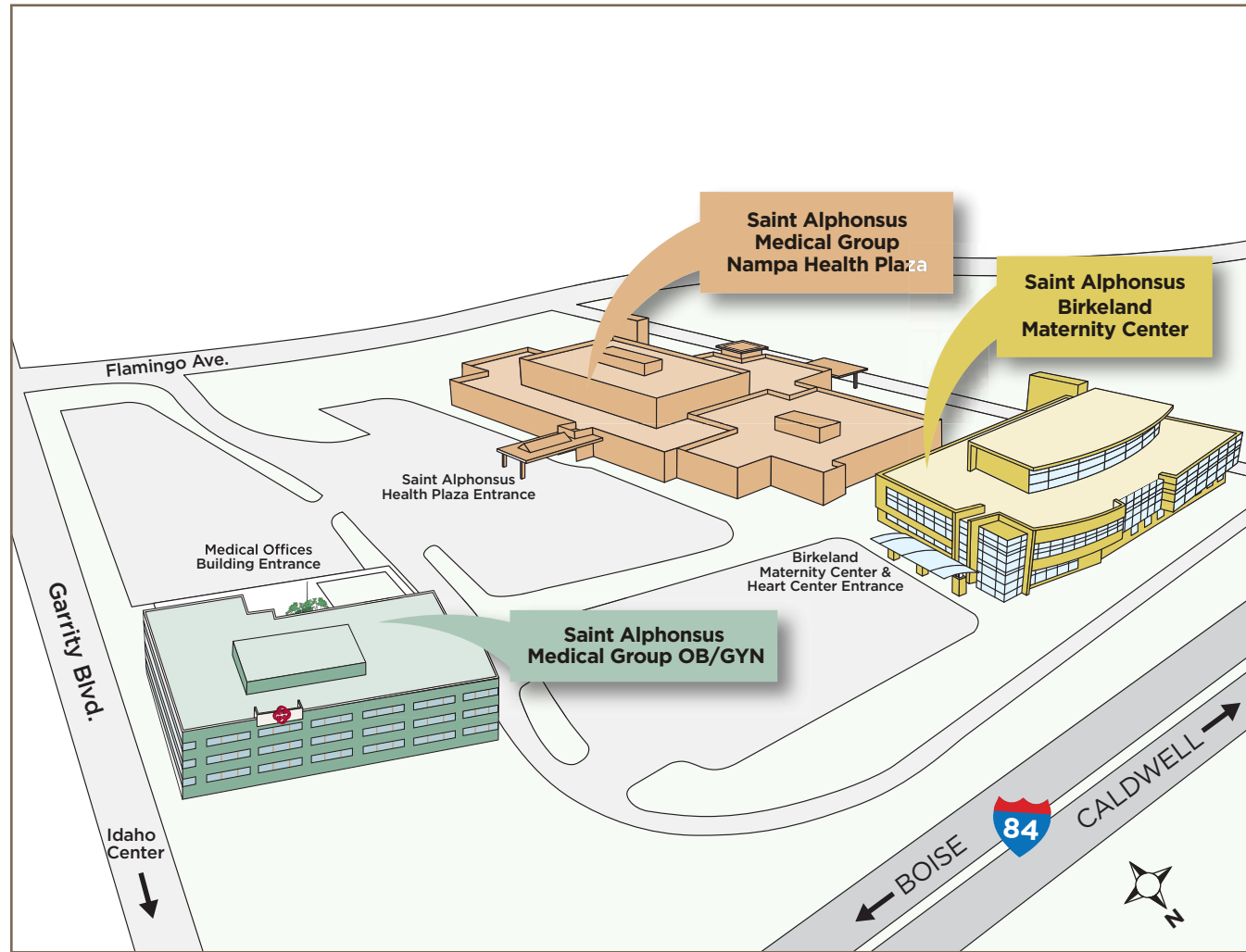
Obstetrics, Gynecology

Midwifery
Ste. 224
(208) 367-6237

CONTACT

CONTACT

NAMPA



Saint Alphonius Medical Group OB/GYN
4424 E. Flamingo Ave.
Nampa, ID 83687

Obstetrics & Gynecology
Ste. 200
(208) 288-4888

Maternal-Fetal Medicine
Ste. 220
(208) 895-4905

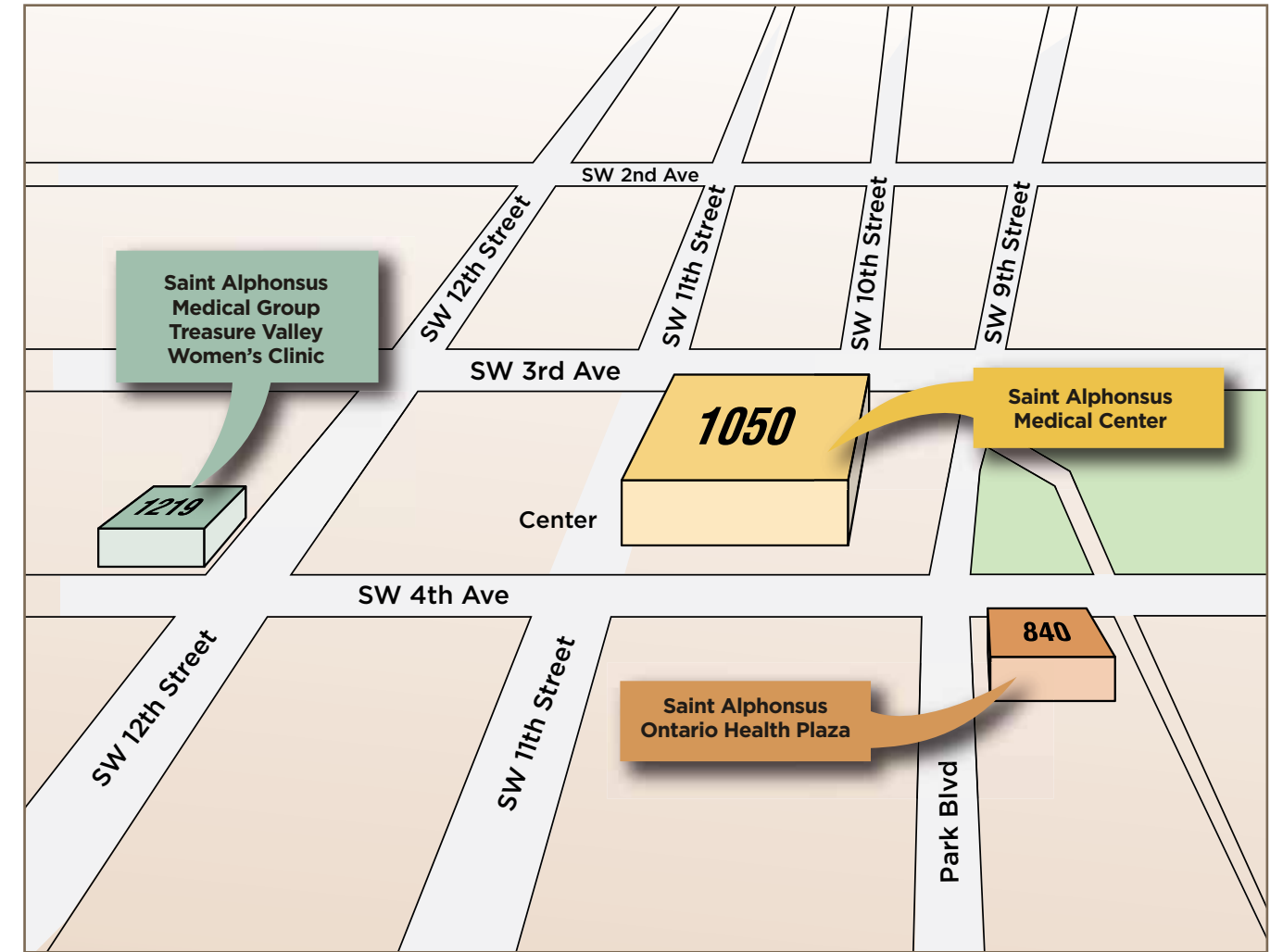
Saint Alphonius Medical Group Nampa Health Plaza
4400 E. Flamingo Ave.
Nampa, ID 83687

Family Medicine & Obstetrics
(208) 465-6970

Saint Alphonius Birkeland Maternity Center
4402 E. Flamingo Ave.
Nampa, ID 83687

(208) 367-3454

ONTARIO



Saint Alphonius Medical Group Treasure Valley Women's Clinic
1219 SW 4th Ave.
Ontario, OR 97914

Obstetrics & Gynecology
Ste. 2
(541) 889-2229

Saint Alphonius Medical Center
351 SW Ninth St.
Ontario, OR 97914

Saint Alphonius Ontario Health Plaza
840 SW 4th Ave.
Ontario, OR 97914

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.....

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.....

Patient Name Printed

Patient Signature Staff Signature

Date



Please return this card to your OB/GYN provider or the bereavement contact in your area.



“May every sunrise hold more promise, every sunset hold more peace.”

-Unknown