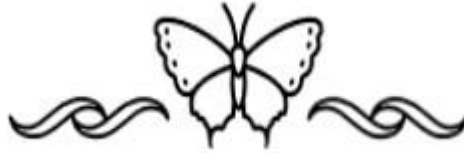


A life-size loss Stillbirth



You have unfortunately experienced a pregnancy loss.

We offer our sympathies to you in this difficult time. Stillbirth is a very personal experience.

You may not be able to take in all the information and support you receive at the hospital right now, and many questions will come to mind later. We hope this leaflet will help you deal with your loss and encourage you to seek help.

Stillbirth

Stillbirth is the death of a fetus over the age of 22 weeks or more than 500 g during pregnancy or childbirth. In many cases no explanation can be found for stillbirth. The most common cause is a buildup of carbon dioxide due to a lack of oxygen, which can be caused by umbilical cord problems, placental abnormalities, or issues with the mother's blood coagulation.

Crisis of body and mind

The psychological effects of a pregnancy loss are very individual. What may have happened at first may seem unreal or so distressing that you want to fight it and deny it. It is only natural to feel strong emotions such as fear, anxiety, despair, guilt, anger, depression, and emptiness. Often emotions erupt like crying. Your body can also react differently to what happened. Typical feelings include bodily pain,

feeling unwell, feeling empty, trembling, dizzy and tired. It is important to identify and express your own feelings and accept them as part of your own response at that moment.

The experience of losing a child is always individual and recovery takes time. Often the situation comes as a surprise and the intensity and duration of the grief is not comparable to the duration of the pregnancy. Talking about your experience can make you feel better. The loss can be discussed with a spouse, friends, family members, or others who have experienced the same. It is important for both parents to be able to talk to each other about the loss as well. If speaking feels difficult, there are other ways to express emotions. Writing, reading, moving around in nature, painting, listening to music, hands-on activities and daily routines, and family can support your survival. You know what works best for you.

Burial of a child

By law, children born after the 22nd week of pregnancy must be buried or cremated. The burial of a child is taken care of by the parents. The death certificate required for burial is available from the hospital. Parents decide for themselves what kind of arrangements they wish to make. Information and help with practical arrangements can be obtained from funeral homes and the parish of your own community. Parents should arrange for the coffin to be collected from the hospital's pathology department. The collection time must be agreed by calling 014 269 1453 (Mon-Fri 9-14).

Remembering a deceased child is an important part of recovery. For questions related to burial and mourning, you can also talk to the hospital priest on 040 514 1195 (hospital priest on duty).

Help and support available

Taking care of your own well-being is important. You can get more detailed home care instructions from the hospital. Also, instructions for the follow-up you will need are agreed upon when you return

home from the hospital / outpatient clinic. Information about the treatment you received will be sent to the agreed health care provider. A follow-up check will ensure that your body has recovered.

If you have any questions about what happened, you can contact the counseling center in your area, the Gynecology and Maternity Unit at Nova Hospital or the Maternity Hospital. You can also contact your local depression nurse, mental health office or parish. You should ask for help, especially if you have doubts about your coping or what has happened to you. The Crisis Center Mobile in Jyväskylä offers telephone and on-site chat assistance.

Gynecology and Maternity Unit hospital Nova

8 am-2 pm tel. 014 269 1023

Obstetrics Hospital Nova

24/7 tel. 014 269 1204

Social and crisis emergency service in Central Finland

24/7 tel. 014 266 0149

Crisis Center Mobile, Matarankatu 2 (D-Door), Jyväskylä

Mon-thu 8 am-8 pm, Fri 8 am-5 pm tel. 044 788 8470