



# Féileacáin

Stillbirth and Neonatal Death Society of Ireland  
(SANDAI)

Féileacáin was formed by a group of bereaved parents who wished to offer support to other parents whose baby had died.

At Féileacáin our mission is to:

- Offer support to anyone affected by the death of a baby
- Work with health professionals to improve the quality of care and services provided to bereaved parents and their families
- To support research into stillbirth and neonatal death

Please contact Feileacain on

**085 2496464**

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Feileacain gratefully acknowledge the support of SANDS UK in the compilation of this leaflet.



*Follow-up appointments*



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## Follow-up appointments



It is important that all mothers have a six week postnatal check-up. This may be conducted at the GP clinic, their obstetrician's private clinic or at the hospital. Some women may prefer to see their GP instead of returning to the hospital where their baby died. When you make the appointment, it is a good idea to make sure that you will not be expected to wait with mothers who may have their baby with them.

The main purpose of this appointment is to check the mother's physical recovery after the birth. Couples

might want to go together as this is also an opportunity to talk about your baby's funeral and about how you and your family are coping. You may want to discuss your options for contraception so that you have time before thinking about another pregnancy. You may also want to discuss the best time to plan another pregnancy if this is your wish. Some parents find it helpful to write down their questions before going to this appointment.

## Post mortem

Your appointment to discuss the post mortem results will probably be at the hospital. Some parents find it difficult to go back to the place where their baby died. But it is important to have this opportunity to discuss the results with the consultant who cared for you or your baby.

If your baby was stillborn or died in the maternity unit, you will probably see the consultant obstetrician. If your baby died in the neonatal unit, you will probably see the consultant neonatologist.

The consultant will explain the post mortem results and discuss them

with you. You will normally be given a summary of the results; the full report will be sent to the mother's GP. If you want your own full copy, the mother can write to the hospital to ask for one. If a genetic abnormality has been discovered, the consultant will offer you an appointment with a genetic counsellor.

Prior to the appointment it is a good idea, to write out a list of questions. You may want to ask if there are any implications for a future pregnancy, and what could be done in the future to reduce any risks. You may also want to discuss the best time to start trying for another baby.

Many parents have high expectations of the post mortem and hope that the results will provide some clues as to why their baby died. However, in some cases doctors can find no reason for the baby's death and this in itself can be upsetting, Féileacáin offers support around this and other issues which can be accessed by ringing us at 085-2496464 or by emailing [info@feileacain.ie](mailto:info@feileacain.ie).

