



***It is difficult for a patient suffering a miscarriage or stillbirth to have to engage with their OB office after a loss.***

***These small, but compassionate steps on your part can make a huge difference in your patient leaving feeling well cared for and respected, or them leaving even more traumatized then when they arrived for their already much dreaded appointment.***

**1. Cancel all future appointments and sonograms.**

There is nothing more painful than miscarrying, being at the office for follow up blood work, and then getting a call to confirm your sonogram appointment! Yes, it DOES happen more often than you realize.

**2. Have a special flag for their chart.**

Consider flagging their chart in a way that anyone who picks it up knows this is a loss patient and can interact with them accordingly. Uninformed conversations that cause further trauma have been the reason many patients have left their current provider.

**3. Have follow-up appointments in a room that does not feature baby or maternity art on the walls.**

Even though she is still considered a maternity patient please make the extra effort to put her in a GYN room for follow up appointments. She is sitting in that room usually at least 10-20 minutes and it is VERY painful to have to sit and have nothing else to look at but the huge reminder on the wall of what she just lost.

**4. If at all possible have follow-up appointments at a separate time of day.**

It would be very considerate to reserve follow up appointments for miscarriages or 6 week follow ups after a still birth either first thing in the morning or right after lunch if at all possible so that she does have to sit in a waiting room full of healthy pregnant women.

**5. We have a miscarriage resource and a terminal diagnosis resource.** If you are interested please visit [www.rachelsgift.org/obgyn-offices.html](http://www.rachelsgift.org/obgyn-offices.html).

**6. Miscarriage Kits**

This is an excellent resource to send home with patients having an active miscarriage. It gives them everything they need as well as step by step detailed instructions and information to lessen the trauma typically experienced during the process. Consider having a few on hand to use in these situations. View and order these here: [www.heavensgain.org/miscarriage-kits](http://www.heavensgain.org/miscarriage-kits).

If you would like any more information or resources for your loss patients, please feel free to contact us. We are a 501(c)3 not for profit infant bereavement service.

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