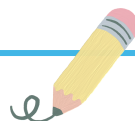


My notes/questions/thoughts

Please use this section to write down any questions or thoughts you may have.



This leaflet is for parents whose baby may be born before 34 weeks of pregnancy. It explains what to expect and how we will support you and your baby.

The PERIPrem Parent Passport helps you keep a record of the PERIPrem interventions you or your baby receive. This leaflet, your passport, and your team of doctors, midwives, and nurses will support you in making choices about your baby's care. Keep your passport with your pregnancy notes or your Neonatal Journey parent document.

We use the word baby throughout; this includes families expecting more than one baby.

We have tried to use inclusive and respectful language, though we understand everyone is different and may prefer other terms.

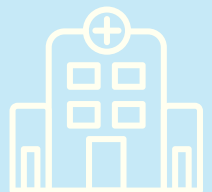
What is PERIPrem?

PERIPrem is a care plan that helps premature babies have the best start. It includes proven interventions to improve survival and outcomes. Your medical team will explain what's right for you and your baby, and introduce the parent passport.

Birth in the Right Place

Your medical team will help choose the best hospital for your baby's birth. This may mean transferring you to another hospital.

- Before 27 weeks (or before 28 weeks for multiples, or if baby weighs under 800g): Your baby needs to be born in a hospital with a **Neonatal Intensive Care Unit (NICU)**.
- Between 27–32 weeks (or 28–32 weeks for multiples): Your baby can usually be cared for in a **Local Neonatal Unit (LNU)**.
- After 32 weeks: Your baby can usually be cared for in a **Special Care Baby Unit (SCBU)**.



What happens after birth?

If there is no time to transfer you before birth, a specialist transport team will move your baby to the right hospital soon after. We will do our best to keep you together, but if you are still receiving care in hospital, you may be transferred separately.

Once your baby no longer needs intensive care, they will be moved to a unit closer to home that meets their needs.

Find out more about our hospitals and access virtual tours of neonatal units here



SCAN

Steroids before birth

This is a medicine which helps to mature your baby's lungs. It is given to you before your baby is born as an injection into your thigh or upper arm.



Antibiotic

This is a medicine which helps to protect your baby from common infections. It is given to you in labour through a drip (cannula) in your hand or arm. You may be given more than one dose.

Magnesium Sulphate

This is a medicine which helps to protect your baby's brain. It is given to you if your baby is expected to be born before **30 weeks**. This will be given to you through a drip in your hand or arm approximately 4-24 hours before birth.



Cutting your baby's cord

We will delay clamping and cutting the umbilical cord for at least one minute. This has many benefits.

Your chosen person may still be able to cut the cord.

Scan the QR code to visit the Tommy's website and find out more.



Early Breast Milk

Your milk works like a medicine for your baby. It contains antibodies to protect your baby and help their immune system. It supports and protects your baby's lungs, eyes, heart, brain and gut (digestive system).

Before or after your baby is born you will be shown and supported to express your milk.

Scan the QR code to learn more about colostrum and hand expressing.



Keeping your baby warm

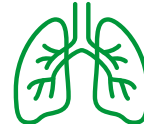
It is important to keep babies warm, but small and premature babies need help to do this.

Your baby will have a hat put on at birth. They may also need a plastic wrap on their body, an incubator or overhead heater. It may be possible to have skin-skin contact at birth before your baby is admitted to the neonatal unit.

Caffeine

This is a medicine which helps your baby's breathing and protects their brain.

Babies born before **30 weeks** are given caffeine. Some babies born between **30 to 34 weeks**, or weighing less than **1500g** (3lb) are also given caffeine.



Help with breathing

If your baby needs a breathing tube and machine (called a ventilator), doctors will use a special gentle setting to protect their lungs.

Hydrocortisone

This is a medicine which helps your baby's breathing.

Babies born before **28 weeks** of pregnancy may receive hydrocortisone.



Probiotics

Probiotics contain friendly bacteria to help your baby digest milk and prevent harmful bacteria growing in their gut, protecting them from infection.

Babies born before **32 weeks**, or weighing less than **1500g** may be given a probiotic.

Family Integrated Care

Family Integrated Care (FICare) helps families and hospital staff work together as a team. It helps staff listen to parents and understand what they need, so everyone can support the baby.

Scan the QR code to visit the Bliss website and find out more.



Useful charities for information and support



Being told your baby is likely to be born early can feel frightening. Ask the staff caring for you about what you can do to prepare.

More information and support can be found on the Tommy's and Bliss websites:

www.tommys.org

www.bliss.org.uk