

Understanding what
happened to bub

Holding this brochure probably means you've lost your beautiful bub. We're so sorry.

Your journey with bub matters in this hard time. You will be cared for safely, with kindness and respect.

It might be hard to think straight or remember details right now. That's normal, grief does that. There might be lots of healthcare staff coming in, yarning with you. When you're in Sorry Business, making decisions can be real hard, especially when it's to do with bub.

You may have been asked to think about investigations to understand why bub was stillborn, including autopsy. That can sound scary if you don't know what this means or have never heard of this before. You might have questions or worries about this – most families do. This is one of the hardest decisions for families when they've lost bub.

Not every bub when passed away needs to be looked at in the same way. It will depend on different circumstances. Your healthcare team will give you information. Once you had time to think and talk it over, you decide what's best. Keep yarning with your healthcare team, they will look after you.

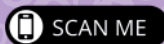
“It was hard making decisions. My Aboriginal Health Worker made sure we were looked after in hospital. She reminded us to take our time, which helped us make decisions we actually wanted.”

Your culture and ways of being, doing and knowing is important and valued in this journey. Don't be afraid to speak up. There's no shame job in saying what you need for yourself and bub. You will be supported.

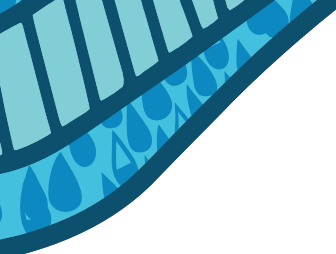
You might think about:

- Who needs to be in the room to help make decisions. Mum, Dad, Aunt?
- Would you like to talk with an Elder, family member or someone in community?
- Anything during Sorry Business that needs to be considered?
- Are there special items you want to stay with bub, like gum leaves or feathers from Country?

Having all the information makes you stronger to make best decisions for bub.



You can find more information here about autopsy and other investigation options.



“I’m a proud Wergaia mother and it was important for me to return bub to Country, whole and perfect, just as she was.”

Losing bub is a hard time. No need to bottle up emotions. Care for yourself, have a yarn, sharing thoughts and worries with your healthcare team, family, other supports including cultural and Elders.

Take a look at the QR code (a link you can scan with your phone that will take you to a website) at the back of this brochure for more information. There is:

- A video from a perinatal pathologist. She yarns about different types of autopsy and investigations and how bub is treated.
**Video may be distressing for some, no need to watch if it’s too much.*
- A video with comments from other parents on choices they made.
- A copy of Guiding Conversations.

Know that you are not alone. You are supported in your decision making.

“Hospital staff were talking about investigations and tests for bub. I couldn’t make decisions alone. My partner, Mum and Aunt needed to be with me to decide.”

Some questions you might have when considering investigations or autopsy:

- Will I definitely find answers?
- How long do I have to make decisions?
- What is an autopsy?
- What is a babygram?
- Where will bub be taken?
- How long will they be gone and who will take care of bub?
- What happens during an autopsy or other investigations (eg MRI)?
- Can I see bub afterwards and what will they look like?
- When can I expect the results?

Families often have many questions after losing bub. Looking into what happened to your baby is an important part of the care for you and your baby. Your health care team is here to support you and help you make decisions. They follow information found in ‘Clinical Practice Guidelines’, which tells them how to best help you at this time. A parent copy of this (Guiding Conversations) is on the QR code.

If you choose to have an autopsy, a perinatal pathologist (a trained medical professional) will perform this. They will take the best care of your bub.

Many families who lost their bub had similar questions you have. They have shared their thoughts in this brochure and in the video.

