

PERIPrem Perinatal Passport:

Parent Information Leaflet

Why have I been given a PERIPrem Perinatal Passport and what is perinatal optimisation?

If your baby is born before 34 weeks of pregnancy, there are up to 11 important actions we can take to help them survive and stay healthy as they grow. This is called Perinatal Optimisation.

Your Obstetrician and Neonatal Consultant will discuss these actions with you and decide which are right for you and your baby. It is important for you to know that you and your baby may not need all actions, this will depend how far through your pregnancy you are when you go into labour.

This leaflet is to help you understand why these actions are needed and how they can help your baby. The team caring for you will support you every step of the way.

The [11 actions](#) that may be undertaken are as follows:



Please keep the PERIPrem Perinatal Passport with your maternity notes and take it to all of your appointments, and any admissions to hospital during your pregnancy.



Place of Birth: Some babies need to be born in a hospital with specialist neonatal care.

Your baby will need intensive care if:

- They are born before 27 weeks of pregnancy
- They are born before 28 weeks of pregnancy if you are expecting more than one baby
- They are expected to weigh less than 800 grams at birth
- Your Obstetrician feels this will be the safest place for you and your baby

Your baby will need local neonatal care if:

- They are born between 27 and 32 weeks of pregnancy
- They are born between 28 weeks and 32 weeks of pregnancy if you are expecting more than one baby
- Your Obstetrician feels this will be the safest place for you and your baby

Your baby will need special care if:

- They are born between 32 and 34 weeks of pregnancy

If you are in a hospital without the specialist care your baby needs, you will be transferred to another hospital if possible. This is because it will be the best place for your baby to be cared for after they are born. If you cannot be moved before your baby is born, your baby will be safely moved shortly afterwards by a special transport service. Every effort will be made to keep you and your baby together.



Antenatal Steroids: These will be given to you if you are expected to give birth before 34 weeks of pregnancy. They help to prepare your baby's lungs for breathing when they are born. You will usually be given 2 doses, up to a week before your baby is expected to be born.



Antenatal Magnesium Sulphate: This will be given to you if your baby is expected to be born before 30 weeks of pregnancy. This is given up to 24 hours before their birth and will help to protect your baby's brain.



Antibiotic Prophylaxis: These will be given to you if you are in labour and are expected to give birth before 34 weeks of pregnancy. This helps to prevent your baby getting any infections which could make them unwell.



Optimal Cord Management: if your baby is born at less than 34 weeks of pregnancy, waiting for at least 1 minute before clamping the cord will help your baby adjust to being outside of your womb.



Thermal Care: Your baby will need help to keep their body temperature within normal levels. This may mean your baby is given a hat, put in a plastic wrap and placed under a special heater to stay warm.



Respiratory Management: If your baby needs help from a breathing machine then the Doctors will choose a setting that will be gentle on their lungs.



Caffeine: If your baby is born before 30 weeks of pregnancy, they will be given caffeine medication from 6 hours of age to support their breathing.



Breast/Chest Milk: You will be encouraged and supported to express your breast/chest milk shortly after your baby is born. Breast/chest milk has many benefits for both you and your baby, including protecting your baby's tummy from infection. It is easier to digest than formula milk and contains antibodies to support your baby's immune system.



Probiotics: If your baby is born before 32 weeks of pregnancy or weighs less than 1.5 kg, they may be given probiotics to help protect their tummy against infection, and to help them to tolerate their feeds better.



Prophylactic Hydrocortisone: If your baby is born before 28 weeks of pregnancy, they may be given this steroid medication to help them with their breathing.

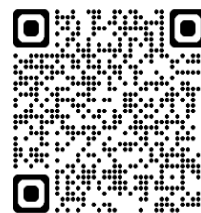
Useful Contacts:

Midwife

Antenatal Clinic

Maternity Triage

Neonatal Unit



**Scan the QR code
for East Midlands
Neonatal Unit
information and
virtual tours**

**If you have further questions regarding any of the information within this leaflet,
please speak to your Consultant or Midwife**