

When a pregnancy scan has shown your baby's heart to be different

Fetal Cardiology
Information for Patients

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Introduction

If we think your baby may have a heart problem, we will talk with you about any extra scans or tests. Most tests can be done at your local maternity hospital, or if not, they can be done in Leicester.

After your first appointment you may:

- have more questions,
- have started to think about what you would like to do next,

It is normal for people to change their minds over time. This can happen after getting new test results.

Making choices after hearing this type of news can be very hard. We know you want to do what is best for you and your family. This can take time. We are happy to offer extra support and meet you again if needed.

What will happen next?

Early scans often show the main heart problem. Details can become clearer or change as your baby grows. Doctors cannot always predict exactly what will happen after birth at the first scan.

You will have repeat specialist heart scans. These will be at around 28 weeks and 34 weeks.

At each appointment:

- You will have a scan
- The team will explain what they see
- Discuss how this may affect your baby after birth

After each scan we will write a report. We will give you a copy and send one to your local team.

Throughout your pregnancy we will work closely with your local maternity hospital team. It is important that you carry on attending any other appointments with them.

Labour and delivery

Most babies can be born at your local hospital.

A clear birth plan will be agreed by your:

- Local maternity team
- Neonatal team

In some cases it is safer for the baby to be born in Leicester. This is so they can be assessed by the cardiac team soon after birth.

If you go into labour, you must go to your local hospital to be assessed.

Mode of delivery

A vaginal birth is possible in most cases.

Sometimes a caesarean section is advised. This is due to baby's heart problem. However, there may also be a medical reason for this (for example the breech position).

The final plan is guided by the maternity team caring for you during labour.

After baby is born

Not all babies need treatment straight after birth. Some babies will need a heart scan at your local hospital before going home. Others may need to be transferred to East Midlands Congenital Heart Centre (EMCHC) for a heart scan and further checks. This is so we can decide if treatment is needed straight away or if they can go home.

Babies who do not need a scan right away will be seen later in an outpatient clinic. This will be at EMCHC or at your local hospital.

After birth, your baby will be cared for by a team of specialists (cardiologists/paediatrician). This will either be at your local hospital or EMCHC.

Babies born very early or very small may need more complex care. This may carry higher risks. If this happens, the plans made during pregnancy may need to change.

It is important to know that not all health problems can be found before birth. Some health problems may only show up after your baby is born. If this happens, plans for your baby's care may change. Any changes will always be explained to you as soon as possible.

Support and information

Some people chose to carry on with their pregnancy. Others may decide that they do not wish to.

We may also talk about something called Palliative Care or Parallel Planning. This means planning different types of care for your baby after birth.

We understand that this is a very worrying time for you and your family. We are here to support you, both before and after your baby is born. We know that we have given you a lot of information. This can feel overwhelming. You can meet with us again to talk and ask questions.

For further cardiac information or support, please contact our Fetal Cardiac Nurse Specialists:

- On **0116 258 3338**
- Or email uhl-tr.fetalcardiacnursespecialists@nhs.net

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ دوسرے زبان ਵਿੱਚ چاہتے ہو، تو 'ਕਿਰਪਾ' ਕਰਕੇ 'ਹੇਠਾਂ' ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead

or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research