



PERIPrem Passport Parent Information Leaflet

(Adapted from V1 East Mids Neonatal ODN and PERIPrem, March 2024)

What is PERIPrem? Why have I been given this leaflet?

You have been given this leaflet because your baby may be born before **34 weeks** of pregnancy.

PERIPrem is a package of care which gives premature babies the best start at birth. The medical team caring for you will explain what PERIPrem means for you and your baby and what the "parent passport" is. This leaflet provides extra information.

The PERIPrem Parent Passport is for you to keep with your pregnancy notes or The Neonatal Journey document. It is designed to involve you in the care of your baby by recording the PERIPrem interventions you or your baby receive. We will refer to your 'baby' in this leaflet but this also includes families that are having more than one baby.

PERIPrem is a collection of interventions (explained below) that have been proven to increase survival and improve the outcomes of babies that are born early. Every pregnancy and baby is different, **some interventions will not be possible and some will not be applicable**. The doctors, midwives and nurses caring for you and your baby will discuss this with you.

Birth in the Right Place

Your baby will need care in a NICU if they are expected to be born:

- **before 27 weeks**
- **before 28 weeks (multiple pregnancies)**
- **weighing less than 800g**

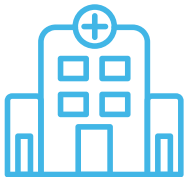
There may be changes to the above.

If your baby is born very early it is recommended that you give birth in a hospital that has a Neonatal Intensive Care Unit (NICU). This may mean you are moved to a different hospital to give birth.

If you cannot be transferred to a hospital with a NICU before your baby is born, they will be transferred soon after birth by a specialist transport team.

Every effort will be made to keep you and your baby together. You will be transferred separately if you are still receiving inpatient care.

When your baby no longer needs NICU care, you will be transferred to the neonatal unit which best meets your baby's needs, as close to home as possible.



Steroids before birth

Help to mature your baby's lungs.

This is a medicine given to you before your baby is born. This will be given as an injection into your thigh or upper arm.



Antibiotics



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

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.



Early Breast Milk

Breastmilk 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 breastmilk.

The QR code will take you to the charity Bliss's website to learn more.



Magnesium Sulphate

Helps to protect your baby's brain.

This is a medicine 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

Delaying cutting your babies cord has many benefits. The QR code will take you to the charity Tommy's website to learn more.

We will delay clamping and cutting the umbilical cord for at least one minute.

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

Caffeine

Helps your baby with 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.

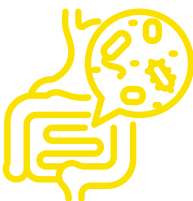


Help with breathing

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

Hydrocortisone

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.

OUR NETWORK



West Midlands Neonatal Network



Our network is made up of fourteen neonatal units: 5 Neonatal Intensive Care Units; 5 Local Neonatal Units and 4 Special Care Units. We also have two dedicated Neonatal Transport teams: KIDSNTS and CenTre. The West Midlands covers all the way up to Stoke- on- Trent and Telford, down to Hereford and Worcester and across to Warwickshire



The QR code to the left will bring you to individual unit tours of every unit in the West Midlands Perinatal Network. These virtual tours will 'walk' you through each unit from the very beginning.

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.

Tommy's



Bliss
for babies born
premature or
sick

