



Perinatal Optimisation Passport



British Association of Perinatal Medicine

This is a package of care to give premature babies the best chance at birth and protect their brain. Every baby is unique and every baby's entrance into this world is different. Some items on this list may not be possible. Please talk to your midwife or doctors to explore this.

Place of Birth

(babies born early or small sometimes need to be born in a more specialist unit. Speak to your doctor to find out if this is the case for you)



I am at the optimal hospital in case my baby(ies) needs to be born early.

I am aware that I might have to be moved to another hospital and if this isn't possible then my baby(ies) might need to be moved to another hospital after they're born.

Not Possible



In Progress



Complete



Antenatal Steroids

(for all babies born before 34 weeks)



I have been given a full course of steroids to help prepare my baby(ies) for being born early.

Not Possible



In Progress



Complete



Antenatal Magnesium Sulphate

(for all babies born before 30 weeks)



I have been given Magnesium Sulphate to protect my baby(ies) brain.

Not Possible



In Progress



Complete



Early Breast Milk

(for all babies born before 34 weeks)



I have been given information about the benefits of early breast milk and have been shown how to express to make this milk for my baby(ies) before or within an hour of birth.

Not Possible



In Progress



Complete





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Antibiotics

(for all babies born before 34 weeks where mum was in labour)



I have been given antibiotics to reduce the chance of my baby(ies) developing an infection called Group B Strep.

Not Possible



In Progress



Complete



Optimal Cord Management

(for all babies)



After my baby(ies) is born, the team will wait at least a minute before clamping the cord, to allow my baby to be born safely and get extra blood from the placenta.

Not Possible



Complete



Thermal Care

(for all babies born before 34 weeks)



After my baby(ies) is born, the team will try to keep their temperature normal and will help us to hold baby skin-to-skin as soon as it is safe.

Not Possible



Complete



It can be hard knowing that things could have been different.
Please speak to your midwife or doctors if you are struggling with this.
You are not alone.

