



## INFORMATION FOR PARENTS / CARERS

# Brief Resolved Unexplained Event (BRUE)

**A Brief resolved unexplained event (or BRUE for short) happens suddenly. It can be frightening for parents and carers.**

If your baby has a BRUE:

- They may seem to stop breathing
- Their skin colour may change to pale or blue
- Their muscles may relax or tighten
- They may seem to pass out

This lasts for less than a minute and they are quickly back to their normal self.

The diagnosis of BRUE is made after your baby's doctor or health care professional has examined your baby and decided there is no known concerning cause for the event.

We cannot say that a baby who has had a BRUE will not have future problems however we can say that babies who are discharged from hospital after a thorough assessment are at a very low risk of having another BRUE, or having an underlying serious problem.

## What if it happens again?

If your baby experiences another BRUE and you are worried it is life threatening, call 999 for an ambulance.

If you witness a similar episode or your baby develops additional problems please return to the children's emergency department or assessment unit.

If you have any other questions or worries please contact your baby's GP.

## Should my baby stay in hospital?

Babies felt to be at higher risk of underlying problem (for example babies born prematurely, or babies under 3 months old) will be asked to stay in hospital for more tests or a longer period of observation, otherwise your baby will go home.

## Is my baby at risk of sudden infant death syndrome (SIDS) because they have had a BRUE?

Although the cause of SIDS is not known, having a BRUE does not increase the risk of SIDS.

## Safe Sleeping Environment

For all babies it is important to create a safe home and sleeping environment and your baby should never be exposed to smoky environments. To learn more about safe sleeping for your baby please visit:

[www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

## How should I look after my baby once I take them home?

After a BRUE, no extra special care is needed. Continue to love and care for your baby as you normally do.

## First aid

Although your baby is very unlikely to ever need cardiopulmonary resuscitation (CPR), it is a useful skill for everyone who is a carer to learn CPR. You may be able to use it one day to help someone in need. If you would like more information about first aid please visit:

[www.sja.org.uk](http://www.sja.org.uk)

[www.resus.org.uk/public-resource](http://www.resus.org.uk/public-resource)

## Contact details:

Emergency Department (24 hours)

**Phone:** 01274 364012

### People with hearing and speech difficulties:

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

**Dial:** 18001 01274 364012 – 24 hours

**For further advice or if you are concerned, contact NHS 111. Calls are free from landlines and mobile phones.**

## Accessible Information

If you need this information in another format or language, please ask a member of staff.

## Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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