

# When your child has a BRUE (Brief resolved unexplained event)

Children's Emergency Department

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Information for parents and carers

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## What is a BRUE?

A brief resolved unexplained event (BRUE) describes an event that can happen in infants under 12 months old. For a short period of time 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 tends to last less than a minute. They are then quickly back to their usual self.

## What causes a BRUE?

This is a diagnosis that your doctor or healthcare professionals make after examining your baby and they have found no known concerning cause for the event.

## Does my child need to stay in hospital?

If the doctor or health care professional thinks your baby is at low risk then your baby does not need to stay in hospital. Your baby has been looked at and monitored in hospital. We have also done some tests. Your baby will only be discharged home when it is safe to do so.

## How should I look after my baby at home?

You do not need to do any extra care after a BRUE. Continue to love and care for your baby as you normally do.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://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](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)



## Does BRUE increase my baby's risk of Sudden Infant Death Syndrome (SIDS)?

The cause of SIDS is not known. Having a BRUE does not increase the risk of SIDS. For all babies it is important to create a safe home and sleeping environment. 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)

## What should I do if it happens again?

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

If your baby has a similar episode or has got more problems, please return to the Children's emergency department. If you have any other questions or worries, please contact your baby's GP.

## What if my baby stops breathing?

Watch this short video to learn what to do if your baby becomes unresponsive or stops breathing. It shows step by step infant CPR, how to check for responsiveness, give chest compressions and rescue breaths. Visit: <https://www.youtube.com/watch?v=UquZ0ePjowM> or scan the QR code to watch.



Remember to call 999 right away in an emergency and follow these steps until help arrives.

## Contact details:

If you have any concerns you can contact the NHS helpline on 111 for advice

## Giving us your feedback

We would love to get some feedback on your visit today. Use your smart phone to scan the QR code or visit: <https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>



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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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

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