

## Lucy's Journey

Hi there. My name is Lucy Elizabeth Fordyce and this is my story. Maybe I should introduce myself first. I was born 12 weeks early - on the 8<sup>th</sup> February 2000. My early arrival came as quite a shock to mum and dad. Mum had some problem with a big name - pre-eclampsia - which meant I wasn't doing too well inside her tummy. The result - my early arrival at Simpsons Neonatal Unit. I weighed a tiny 840g (1lb 14ozs for those of you who, like my mum and dad, are not quite fully metric yet!).

This is a picture of me 4 hours after my arrival - chilling out on my little red quilt. Mum and Dad said they knew right away I was a star.



I progressed very well - 6 mls of milk every day along with all my other medicines and food helped me to grow big and strong. I had quite a few setbacks - just a reminder of how fragile we premies are I suppose.

Undeterred, I continued to grow big and strong and there were some great moments on the way – my first Valentine card from my Daddy and my first kangaroo hugs from mum and dad.



It wasn't long before I got quite big. After only 3 weeks I weighed 1.15kg (2lb 9ozs!) – there was no stopping me. I was back on my CPAP driver after a few bad days but I was getting bigger and stronger with every day.



All the doctors and nurses were great. They really looked after me. I even got my picture taken with Professor McIntosh for the Edinburgh Evening News - what a claim to fame for me!



After 6 weeks I was transferred to St John's Hospital, Livingston. Jo, my named nurse, came and met me in Edinburgh and I travelled first class in my special travel cot. I settled in really well at St John's and soon loved my new incubator.



I had a lot of new experiences at St John's - a cot instead of an incubator, a bath (after 7 weeks without one!), a bottle for feeding instead of a tube and lots of new things to do as I grew stronger. My job now was to stay well and put on weight.

After 6 weeks at St John's I left on my expected due date (30<sup>th</sup> April), weighing 6lbs. It had been quite a journey but, in case you are wondering, please see below for some pictures of how well I have done since my pretty traumatic start.

Lucy XXX



Lucy sleeping!



Lucy posing!



Lucy starting nursery

Lucy having a ball on her 4<sup>th</sup> birthday!

