



Scan the QR
code to
download



BRUE – Brief Resolved Unexplained Event



Patient information

BRUE

Brief Resolved Unexplained Event



What is a Brief Resolved Unexplained Event (BRUE)?

A Brief Resolved Unexplained Event (BRUE) 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.

What causes a BRUE?

The diagnosis of BRUE is made after your baby's clinician has examined your baby and excluded all serious medical causes. We cannot guarantee that a baby who has experienced a BRUE will not have future problems. We can say that babies discharged from hospital following a thorough assessment are at very low risk of experiencing another BRUE or having an underlying serious condition.

Should my baby stay in hospital?

Babies who are felt to be at low risk by their clinician do not need to stay in hospital. The clinician that assesses may observe the baby for several hours and may decide to do further testing on a case-by-case basis. Low risk babies are safe to go home.

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 have further parental concerns, please return to the Children's Emergency Department.

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

Though your baby is not more likely to need it, it is a good idea for everyone who cares for an infant to learn Cardiopulmonary Resuscitation (CPR). You will be offered this training before being discharged.

For further information

Red cross- www.redcross.org.uk

St John's ambulance - www.sja.org.uk

How to contact us

Children's Emergency Department

[Watford General Hospital](#)

Vicarage Road

Watford

Hertfordshire WD18 0HB

Tel: 01923 217564 (ext: 7564)

Hospital switchboard: 01923 244366

PALS

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email westherts.pals@nhs.net.



Language



Large Print



Braille



Audio

Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

For more information, please scan the QR code or visit our [website](#).

Author (<i>optional</i>)	Amanada Affoury
Department	Paediatrics
Ratified / review date	1 Feb 2026 / 31 Jan 2029
ID number	40-2521-V1