

INFORMATION ABOUT EARLY MISCARRIAGE



SHROPSHIRE

Supporting anyone
affected by the death of a
baby

Helpline No: 07772 217439

www.shropshiresands.co.uk

Charity Registration No: 299679

What has happened?

If a miscarriage occurs it is normally within the first 12 weeks of pregnancy. There will probably have been symptoms of pain or bleeding. However, these do not always occur, and the miscarriage may be discovered at an antenatal visit or during a scan.

What happens next?

After a miscarriage has occurred it is often necessary to remove any remaining pregnancy tissue from the uterus or womb. These are called Retained Products of Conception. You will probably go to theatre for a D&C - Dilatation and Curettage. This is also called ERPC - Evacuation of Retained Products of Conception.

Why has the miscarriage occurred?

Miscarriage is a very common occurrence with at least one in six pregnancies ending this way. In most cases there is no obvious cause. It is very likely to have occurred because there was a problem with the developing baby.

Did I do anything wrong?

It is very unlikely that you have done anything to have caused a miscarriage so please try not to feel guilty. Once a miscarriage has started there is little or nothing that can be done to stop it, even total bed rest.

Will it happen again?

Your chances of a successful pregnancy next time are very good. Even after two or three miscarriages the chances of success are still good.

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RECOVERY AFTER A MISCARRIAGE.

Physical.

You should recover fairly quickly. If you have had a D&C you should be able to return home the same or following day. This depends on the time of the operation and how you are feeling. You should probably take things easy for a day or so at home, but you can return to your normal level of activity as soon as you feel fit. The bleeding will continue for up to two weeks, gradually becoming lighter. The amount and duration is very variable between different people. You should seek advice if the bleeding suddenly becomes much heavier, the discharge becomes smelly, or you experience much pain. It is best to use sanitary towels while you are bleeding and avoiding using tampons as they may introduce infection. It is also best to avoid intercourse until the bleeding has completely stopped. You will probably have a period within six weeks of a miscarriage and your periods will usually return to a normal pattern within a few cycles.

Emotional Recovery.

It is natural to feel upset after a miscarriage. No two people cope in exactly the same way. You may go through the same grief reactions as you would for a normal bereavement. You may feel shocked or angry. Try not to blame yourself and don't be ashamed to cry. Try to talk to your partner about the miscarriage. He may be just as upset but find it difficult to show his feelings. However it may be harder for him to understand as he has not felt the changes of early pregnancy. It may help to talk to your doctor, and Sands is always here to listen.

When can you try again?

It is best to wait for a normal period before trying to conceive. However you may feel you need longer than this to get over the miscarriage before trying again. It is possible to become pregnant immediately after a miscarriage so it is best to use some form of contraception until your next period.

Is there anything I can do to help a future pregnancy?

The Department of Health have recommended that all women planning a pregnancy should take a vitamin called folic acid. This has been found to reduce the risk of Spina Bifida which is a condition affecting the spine. Folic acid tablets are available from your local chemist or health food shop.

You should ask for a daily dose of 400 micrograms. You should start taking them as soon as you start trying to become pregnant and continue for the first twelve weeks of pregnancy.

Try to keep fit and healthy and cut down on smoking and drinking large amount of alcohol.