

# MISCARRIAGE: WHAT TO EXPECT

*First of all, We are so sorry that this happened to you.*

Unfortunately, early pregnancy loss is quite common. As many as 10-20% of all recognized pregnancies end in miscarriage. However, it is a difficult time and may take some time to process. **Please remember that you did not do anything to cause the loss.**

Most miscarriages occur because the fetus is not developing as expected.

## WHAT TO EXPECT

Bleeding may start as spotting or a gush of blood. The progression may be difficult to predict. The heaviest bleeding usually lasts three to five hours. This bleeding is usually associated with mild to severe cramping and pain. You may pass clots or grayish tissue.

Bleeding may continue for one to two weeks, and vary from red to pink. Usually, close to the end of your miscarriage, bleeding turns brown or black. The amount of bleeding and discomfort varies for each woman and individual circumstances.

Some blood work may be necessary to facilitate your care. A Quantitative HCG test (beta quant) measures the amount of pregnancy hormone in your blood. This result helps your provider determine if all of the pregnancy tissue has passed.

It is also important to determine your blood type. If this information is not already in your records, it will be ordered for you. If you are Rh negative, you will receive a Rhogam injection for prevention of possible future pregnancy complications.

## COMFORT MEASURES

- Take Ibuprofen or Tylenol
- Warm shower
- Heating pad to abdomen or back
- Relaxation techniques
- Massage or back rubs  
(may use Essential oil if desired)
- Get plenty of rest

# IMPORTANT GUIDELINES

- No tampons
- No intercourse until bleeding stops
- No swimming or hot tubs
- Take a shower no baths
- No douches
- Drink plenty of fluids

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## REPORT TO THE EMERGENCY ROOM IF:

- Saturating full sized maxi pad in one hour or less
- Fever > 100.4
- Foul smelling vaginal discharge
- Dizziness or feeling faint
- Severe cramping or pain

Physical recovery after miscarriage should only take a few days. Your period should return in 4-6 weeks. Please be sure to keep your follow up appointment. It is possible to become pregnant your first cycle. Be sure to discuss birth control options if you do not desire another pregnancy at this time. If another pregnancy is desired, please continue taking Prenatal Vitamins.

A nurse will be available to discuss how you are feeling physically and emotionally. Please feel free to call the office and ask for Elaine if you have questions or need support.

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We recognize that this is a life changing and difficult time for you, as well as your family, and we want to be sure that you have the support you need.

Please call **724-850-3150** if you have any concerns.