

MISCARRIAGE

A miscarriage is the loss of an unborn baby (fetus) before the 20th week of pregnancy. A miscarriage is sometimes called a “spontaneous miscarriage,” an “early pregnancy loss,” or a “spontaneous abortion.” Having a miscarriage is often a difficult and emotional experience. Please

talk with your caregiver about any questions that you may have about miscarrying, the grieving process, and your future pregnancy plans.

The majority of the time the reason for miscarriage is not known.

Symptoms of miscarriage can include:

- Vaginal bleeding/spotting
- Pain or cramping in the abdomen or lower back
- Passing fluid, tissue, or blood clots from the vagina.

Diagnosis is usually made based on physical examination. Sometimes the doctor may confirm the diagnosis using vaginal ultrasound and/or blood/urine tests.

Many times no treatment is necessary and the body will naturally pass the fetal tissue on its own. Occasionally a surgical procedure called a D&C may need to be done to help remove any remaining tissue from the uterus

HOME INSTRUCTIONS

Your caregiver should instruct you on any activity limitations. It is a good idea to have someone help with home and family responsibilities during this time. Keep track of the number of pads you are using and how soaked (saturated) they are. Do Not use tampons. Do not douche or have sexual intercourse until your physician tells you it is okay. Avoid taking aspirin as this can cause heavier bleeding. Keep all of the follow-up appointments with your caregiver. Talk to your caregiver, a member of the grief support team, clergy, or a counselor about grief support issues



Please notify someone immediately if you have thoughts of harming yourself or any other symptoms of grief that you feel are abnormal

Crisis Hotline

1-800-824-7907

NOTIFY YOUR CAREGIVER IMMEDIATELY IF:

- **YOU DEVELOP A FEVER OVER 100.4**
- **YOU PASS BLOOD CLOTS THAT ARE GOLF-BALL SIZED OR LARGER**
- **YOU BEGIN PASSING ANY BAD (FOUL) SMELLING VAGINAL DISCHARGE**
- **YOU ARE SOAKING MORE THAN A PAD AN HOUR**
- **YOU BECOME LIGHT-HEADED, WEAK OR FAINT**

In your packet you may receive a white specimen collector. You can place this in the toilet to collect any remains as you pass them if you choose. Unless otherwise instructed by your caregiver, you can dispose of the fetal remains however you prefer.

Please know that sometimes the miscarriage process can take some time, so you may not pass the fetal remains right away. If you have any questions please talk to your healthcare provider

The first Saturday in October at 2pm annually the Perinatal Services Grief Support Team holds a Common Burial Ceremony to honor all miscarriages.