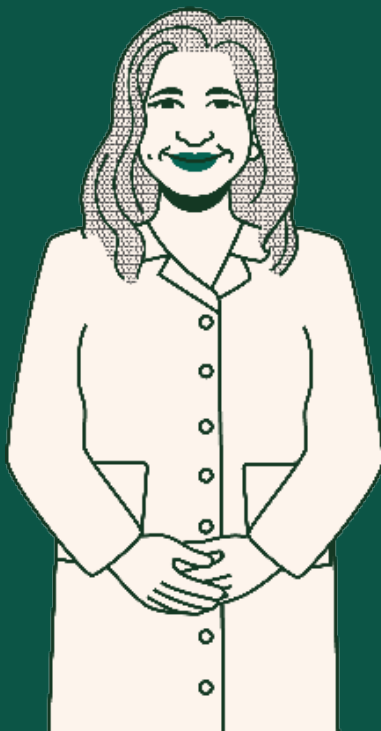



Information Guide

Miscarriage





Care when
you need it
most.

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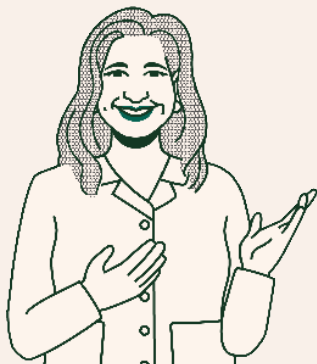
Miscarriage

A miscarriage is the loss of a pregnancy less than halfway (20 weeks) through the pregnancy.

Some miscarriages are completely silent. However, one or more of the included symptoms may suggest (yet does not prove) that you are miscarrying or have already miscarried.

In this difficult time there are two things you should know:

- 1 There is probably nothing you did or did not do that caused the pregnancy to be lost.
- 2 Most women who miscarry go on to experience full-term pregnancies later.





Symptoms

- 1 Bleeding greater than your typical menstrual period
- 2 Mild to severe back pain (often worse than normal menstrual cramps)
- 3 True contractions, very painful, happening every 5-20 minutes
- 4 Tissue or clot-like material passing from the vagina
- 5 Sudden decrease in signs of pregnancy

Treatment

SEEK EMERGENCY MEDICAL ATTENTION WHEN YOU EXPERIENCE: vaginal bleeding saturating 2 or more pads in one hour, that continues for 2 or more hours

Because continued blood loss can harm you:

- Seek immediate medical attention
- Go immediately to your doctor
- Go to the emergency room of a nearby hospital if you aren't able to go to a doctor

If all the tissue of the pregnancy has been passed, you may be treated with medication and followed closely outside of the hospital by your physician.

Miscarriage will either be confirmed or ruled out by a:

- Pelvic examination
- Ultrasound
- Falling hormone levels in your blood

If some tissue remains in your uterus, you may need to have a procedure done to remove it to control further blood flow or be given medication to induce removal of tissue.

If your blood type is Rh negative, you will be given an injection of RhoGAM which prevents Rh problems in future pregnancies. Discuss the Rh factor with your healthcare provider.

Resources

American Pregnancy Association:
Promoting Pregnancy Wellness [Internet].
Irving (TX): American Pregnancy
Association; © 2016 [updated 2016 Apr 26]

Available from:

<http://americanpregnancy.org/>

Miscarriage: Signs, Symptoms, Treatment And
Prevention; © 2016 [updated 2016
Apr 26; cited 2016 Oct 18]:[about 22 pages]

Available from:

<http://americanpregnancy.org/pregnancy-complications/miscarriage/>

DISCLAIMER: This fact sheet is designed to be an informational tool only. It is not intended to provide medical advice or replace care from a qualified medical practitioner.

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