

Miscarriage of previously seen pregnancy



We are sorry that you have had a miscarriage. We hope that this information is of some help at this difficult time.

How long will the bleeding last?

The bleeding can last for up to three weeks after a miscarriage. It should get lighter, like the end of a period. You can use either tampons or sanitary pads to manage the bleeding.

It is normal to experience some tummy cramps and even some small clots after a miscarriage, but if:

- the bleeding gets very heavy
- the pain becomes severe, or
- you have a bad smelling discharge

see your GP as you may need antibiotics.

Should I seek help?

If the bleeding makes you feel faint or dizzy, or you have severe pain you should telephone the ward on the number given at the end of this leaflet.

If the matter is not urgent but you would like some advice, telephone the Early Pregnancy Unit within normal working hours or leave a message on their answer phone. The staff in unit will be happy to speak to you.

Can I go to work?

You can go to work if you wish. However, it is

advisable to stay at home if the bleeding is very heavy and you are still having cramps. Many women feel very sad after a miscarriage and need extra time to recover. In this case we can issue you a sick certificate

Why have I been given a urine pregnancy test?

We have given you a urine pregnancy test to do one week after the bleeding stops. This is to make sure the miscarriage is complete. If the test is negative you don't need to do anything further or contact us. If it is still positive, please contact the Early Pregnancy Unit during working hours.

When can I get back to normal activities?

Having a bath or shower after a miscarriage is safe.

You can have intercourse when you feel ready. We recommend using contraception to avoid confusion with your result until after your first menstrual period.

When will I have my next period?

Your periods should return 4-6 weeks after the bleeding has stopped, but this does vary.

When can we try again?

There is no 'right' time to start trying for a baby again. We would advise waiting until your next normal period before trying and until you both feel ready.

Will I have another miscarriage?

The chances of having a successful pregnancy next time are very high.

Stopping smoking and reducing your alcohol intake both increase your chances of a healthy pregnancy.

If you are trying to conceive you should be taking folic acid. This has been shown to reduce the risk of neural tube defects such as spina bifida.

Contact us

The Early Pregnancy Unit

Monday to Friday

8:30am - 4:30pm

01872 252686

If you require urgent assistance, please contact:

The Gynaecology Ward

01872 253163

Further information and support is available from:

The Miscarriage Association

Tel: 01924 200799

www.miscarriageassociation.org.uk

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If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

