

MISCARRIAGE

In medical terms, a miscarriage is called a spontaneous abortion. 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** Bright red bleeding saturating more than a pad with blood in one hour, with or without cramps
- 5** Tissue or clot-like material passing from the vagina
- 6** Sudden decrease in signs of pregnancy

TREATMENT

Because continued blood loss can harm you:

- Seek immediate medical attention
- Go immediately to your doctor or, if you have none,
- Go to the emergency room of a nearby hospital

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, or
- 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.