



## ANEMBRYONIC PREGNANCY

This leaflet is designed to be read in conjunction with the leaflet 'After a Miscarriage'.

### What is an anembryonic pregnancy?

An 'anembryonic pregnancy' is a miscarriage where the pregnancy sac develops but is empty and does not contain a developing embryo or fetus.

### Why did it happen?

It is thought that this happens due to an error occurring in the early stages of cell division in the pregnancy. It is not related to anything you or your partner did or didn't do, and does not mean there is anything wrong with you or your partner.

### What to expect

You may have had a small amount of bleeding, giving a sign that something had gone wrong, although often bleeding does not occur and the anembryonic pregnancy is only discovered at a routine scan.

Either way, it is distressing and you and your partner are likely to go through a range of emotions due to the loss of the pregnancy.

As there was no embryo or fetus it is common to ask "Was I pregnant?" The answer is definitely "Yes". A pregnancy can fail at any stage in its development and an Anembryonic pregnancy describes one that fails very early on.

### Will it happen again?

It is unlikely that an Anembryonic pregnancy will occur again in the future and most women go on to have a successful pregnancy.

### Can I plan a future pregnancy?

Physically you can start trying for another pregnancy after one normal period following the miscarriage, however, make sure you and your partner are emotionally ready to try for another baby.

It is advisable to take folic acid supplements (400mcg per day) in order to reduce the risk of neural tube defects such as spina bifida.

If you smoke – try and give up or at least cut down. You should also cut down on alcohol consumption and eat a healthy, well balanced diet.

If you would like to talk to a member of staff please contact one of the numbers listed below. It does not matter when you had your miscarriage we are available when you need us.

# Information for Patients

---

## Contact Numbers

### Good Hope Hospital

Early Pregnancy Assessment Unit Telephone Number (0121) 424 7747

Ward 2 Telephone Number (0121) 424 9202

### Heartlands Hospital

Early Pregnancy Assessment Unit (0121) 424 3505

**Lead for Early Pregnancy Unit is Rachel Small**

## Accessibility

To view this information in a different language or use the text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



## How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. Thank you! [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

