



After a first-trimester miscarriage

The Early Pregnancy staff would like to offer you their condolences on the loss of your baby. This information leaflet has been designed to inform you of the physical and emotional effects some people feel after a first trimester miscarriage.

Bleeding

You may have vaginal bleeding, like a period, for up to fourteen days. If the bleeding becomes heavy with clots, or if you have a discoloured unpleasant smelling discharge, please contact the Gynaecology Assessment / Early Pregnancy Assessment Unit or your GP. If the bleeding becomes very heavy, for example soaking a sanitary pad every hour you should go to your nearest A & E.

Pain

You may experience contraction pains which should ease after a few days. Paracetamol can be taken to help with this. If you are requiring stronger pain relief, we would advise you to contact your EPU or your GP.

Your next period

Your next period could occur anytime between 3 and 8 weeks after your miscarriage. It may be lighter or heavier than usual. Your normal menstrual cycle may be delayed by the upset of the miscarriage; if you are worried, please contact your GP.

Sex

You can resume intercourse when you both feel ready after the bleeding has stopped. It is possible to conceive another pregnancy before your next period so you must use contraception, if you do not wish to become pregnant straight away.

There is no evidence that pregnancy soon after a miscarriage is a problem, but you may want to postpone pregnancy until you are emotionally ready. Your GP or Family planning Clinic will be able to advise you regarding contraception. If you are planning another pregnancy soon, it is important that you are taking folic acid, if you have not yet started, please buy some from your local pharmacy / supermarket.

Investigations and follow up

It is understandable that you may want to know why the miscarriage happened. A follow up appointment can be arranged for you to see a specialist doctor / midwife to discuss this further.

During your pregnancy you may have had some screening blood tests. These tests will be followed up by the community midwife and fetal screening team and they may contact you if they need to inform or discuss any of the results with you.

If you have had your booking appointment your blood results will still be available at your GP's which you can access.

Support

Experiencing a miscarriage can be lonely and frightening time. We would encourage you to look at the Miscarriage Association website which offers support and teaching materials if you have any questions on why the miscarriage happened and what to do in your next pregnancy, they also have a helpline and offer support from volunteers who have been through a miscarriage.

If you feel you need further support, especially counselling then please let us know in the EPU and we can refer you to our perinatal counselling service via Eden bereavement team.

Other advice:

If you are planning another pregnancy soon it is important that you are taking folic acid, if you have not yet started to take them please buy some from your local pharmacy / supermarket.

Contact details:

Birmingham Heartlands Hospital GAU/EPU: 0121 424 3505

Good Hope Hospital GAU/EPU: 0121 424 7747

Clinical Matron for Gynaecology & Early Pregnancy is Rachel Small GAU manager is Lisa Alldridge

Accessibility

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