



After a Mid-Trimester Miscarriage

The Early Pregnancy Unit (EPU) 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 mid-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 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 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 the 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.

Anti D

If your blood group is Rhesus Negative, you may need an injection of Anti D. This is to prevent problems occurring in a future pregnancy, as this stops the formation of antibodies in your blood against Rhesus Positive blood cells. The staff will inform you if you need an Anti D injection.

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.

Support

Experiencing a miscarriage can be lonely and frightening time. We offer a miscarriage support group once a month which we highly recommend; you can contact our volunteer at Heartlands Hospital, Catherine on 07595840775 or email enquiry@thepinksnblues.co.uk

Contact Details:

Birmingham Heartlands Hospital EPU: 0121 424 3505
Good Hope Hospital EPU: 0121 424 7747

Lead Midwife for Early Pregnancy & Miscarriage Care is Rachel Small

Accessibility

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