



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.

Information for Patients

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.

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

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to email our Health Information Centre:

Health.Informationcentre@uhb.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: PatientInformation.LeafletFeedback@uhb.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

Information for Patients

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.

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issue to
Patients