



## After a First -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 eh 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.

## Information for Patients

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### 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, Please email [enquiry@thepinksnb Blues.co.uk](mailto:enquiry@thepinksnb Blues.co.uk)

### 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 EPU: 0121 424 3505**

**Good Hope Hospital EPU: 0121 424 7747**

### Lead Midwife for Early Pregnancy & Miscarriage Care is Rachel Small

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk).