

Obstetrics and Gynaecology Emergency Gynae / Early Pregnancy Assessment Unit (EGU/EPAU)

Miscarriage

What you may need to know after a miscarriage

Why did I miscarry?

About one in four pregnancies end in a miscarriage. It is usually difficult to give a definite answer as to what caused the miscarriage. It is extremely unlikely that anything you did caused your miscarriage. Do not blame yourself or anyone else. At this hospital we often see over 100 miscarriages a month.

About 80% of all miscarriages occur because of some chromosome abnormalities. Only in a small number of women with recurrent (repeated) miscarriages a definite cause can be determined. However these may be:

- Hormonal irregularities making it difficult to conceive in the first place and such pregnancies are more likely to miscarry.
- Immune problems affecting the blood supply in the placenta and leading to miscarriage.
- Infections causing high temperature **or** infections such as German measles which may directly affect the baby, can result in a miscarriage.
- Structural problems with the cervix (neck of the womb) and uterus (womb), or an irregular shaped uterus or fibroids may distort the uterine cavity, both may cause miscarriage



Should I be investigated after a miscarriage?

Because it is unusual for us to find anything abnormal, we do not usually investigate women unless she has had three or more consecutive miscarriages. Most women will go on to have a normal pregnancy after one or two miscarriages, whether she is investigated or not.

What are my chances of becoming pregnant again?

The chances of becoming pregnant again after a spontaneous miscarriage irrespective of whether it was managed by conservative, medical or surgical treatment, are just as good.

Will I miscarry again?

After one miscarriage most women will go on to have a normal pregnancy. Even after several miscarriages, there is a good chance of a successful pregnancy.

What can I do to stop having a miscarriage?

There is nothing in particular that we can suggest. Just be sensible and avoid strenuous activity. Continue taking folic acid if you are planning to conceive soon.

How long should I wait before trying for another baby?

You may try again when you feel ready. We advise that you wait until you have had a normal period, which you should have three to four weeks after a miscarriage, provided your periods were regular before. However it is best not to have intercourse until the bleeding has completely stopped after the miscarriage.

I would rather wait before trying for another baby, when should I start using contraception?

You should start any contraception as soon as possible. Discuss this with your hospital doctor, GP or family planning clinic.

Will I get a follow-up appointment to the clinic after the miscarriage?

Not always, unless there is a specific reason.

How will the miscarriage affect us?

The experience of miscarriage affects each woman and her partner differently. Some couples appear to have very little effects, whereas others experience a sense of loss and grief, which may cause bouts of crying and depression. There is no set rule and it is normal to feel these varying responses. Do not feel afraid to express your feelings and concerns. Give yourself and your body time to recover. It may help to talk over things with your partner, friends and other members of the family. If you would like to talk further support groups are available. Contact details are provided in this leaflet.

Is there some way I can record a memento for the baby I miscarried?

Some couples feel that they would like a way of recording the existence of the pregnancy.

There is a 'Book of Remembrance' kept in the hospital Faith Centre, where, for a small fee a few words can be written as a memento to your baby. There is also a yearly memorial service held in the Faith Centre to remember all of the babies that have miscarried.

Please telephone the chaplaincy department for further information:
024 7696 7515

Contact details for support:

EGU Manager : Anna Rudkin : 024 7696 7000

EGU CNS Nurses : Rachel Meadows Vicki Castle : 02476967000

EPAC CNS Nurse: Mandi Kirkman (07:30-16.00) 024 7696 7000

The Miscarriage Association 01924 200799

E-mail: info@miscarriageassociation.org.uk

Website: www.miscarriageassociation.org.uk

Patient Information

Miscarriage / Early Pregnancy Loss Support Group

Many families find the experience of pregnancy loss overwhelming and it is often difficult to know where to turn and who to talk to. We offer you the opportunity to attend our pregnancy loss support group where you will have the opportunity to speak to someone in an informal setting about your loss. Talking and having someone listen to your emotions can help lessen feelings of loneliness, isolation and distress. There is no specific religious input at these sessions, but if it is helpful, there can be the opportunity to light a candle and to have a prayer of blessing.

If you would like to have a greater degree of privacy when coming to a session this can be offered.

The group meets on the **3rd Tuesday of each month at 10am until 12 midday in the Faith Centre at University Hospital Coventry**. This is located on the ground floor in the west wing.

If you require support outside of these times, please contact the chaplaincy team on 02476 967515.

If you feel you need further support in the form of counselling, please contact either your GP or the Emergency Gynae Unit for contact details. Some GP practices have a counsellor attached to their surgery. The hospital can provide you with contact details for the Acorn Centre based in Nuneaton. If you have internet access you can access their website: www.acorncentrenuneaton.co.uk or you can contact them on: 024 76381878

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7243 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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