



WHAT TO EXPECT AFTER YOUR MISCARRIAGE



BLEEDING

- It is normal
- It can vary from a moderate amount to spotting for a few days or a few weeks.
- It may start and stop.
- You may pass clots.

If you have bleeding that is more than a heavy period, (soaking through 4 pads in 2 hours), call the Early Pregnancy Loss Program at 780-735-9712, Health Link Alberta at 811, or go to your nearest emergency department.

NEXT PERIOD

- You can expect to have a menstrual period in approximately 6 to 8 weeks after your miscarriage.

CRAMPING

- You may have cramping with the miscarriage and for a day or two after.
- You may feel more pain if you are passing clots.
- You can take medication for your pain such as ibuprofen (Advil or Motrin) or acetaminophen (Tylenol). Follow the recommended amount listed on the package.
 - You may alternate between the above pain medications.
- Place a warm blanket or heating pad on your tummy.
- Drink plenty of fluids.
- Occasionally, women have mild cramps for up to 14 days after their miscarriage.

FEVER

- Fever/chills may be a sign of infection.
- If you don't feel well, check your temperature.
- If you have a temperature over 38°C that does not go down after taking acetaminophen or ibuprofen and you also have chills, unsettled stomach, belly or pelvic pain, or foul smelling vaginal discharge, please see your primary healthcare provider for assessment.

TENDER BREASTS

- This is normal and should go away in a few days.
- You may see fluid leaking from your breasts.
- Wear a well-fitted bra (not tight) and put a cotton pad inside, if needed.

NAUSEA AND DIARRHEA

- This could be from the medicine you were given.
- It should stop in 24 to 48 hours.
- You can take medication for your nausea such as dimenhydrinate (Gravol). Follow the recommended amount listed on the package.



TIREDNESS

- You may feel tired.
- Get plenty of rest.
- Make sure you eat healthy foods and drink lots of fluids, especially water, and continue your prenatal vitamins until the bottle is finished.
- You can restart things like work, school, and driving as soon as you feel up to it.
- The Early Pregnancy Loss Program can provide a note for time off work, if needed.

LOSS

- There are a wide range of feelings you may have.
- You may feel fear, relief, guilt, anger, shock or even a lack of feeling.
- Your partner's feelings may be very different from your own.
- Remember all feelings are normal and okay to have.

COPING

- Most often, no reason for a miscarriage can be found.
- Give yourself time to feel sad, cry, and talk about your feelings and what happened to you. It is hard to know how long it will take for you to feel better.
- Find someone who you can talk to that will listen and understand.
- Be kind to yourself. Do not expect too much of yourself and try to be with people that are caring.
- It may help to get in touch with a support group to talk to other parents that have had something like this happen to them.
- Refer to the supportive care resources provided by the Early Pregnancy Loss Program.

You may call the Early Pregnancy Loss Program at 780-735-9712 if you have questions or you need to talk about your experience.

FOLLOW-UP

- Your primary healthcare provider will want to see you in 2 to 4 weeks after your chart is closed in the Early Pregnancy Loss Program to see how you are doing both physically and emotionally.
- It is recommended that you do not engage in sexual activity until your bleeding has completely stopped for 2 weeks.
- Use contraception to prevent pregnancy until after your first period. Wait one menstrual cycle before trying to get pregnant again. Talk to your primary healthcare provider about this at your follow-up appointment.