

Following your Pregnancy Loss



**Each new life,
no matter how
brief changes the
world forever**

information

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If you need your information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 or email: customer.care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The Friends and Family Test - Please complete The Friends and Family Test to tell us about your experience at www.salisbury.nhs.uk/FriendsFamily or download our app to your smartphone from the Apple App Store and the Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

You are not alone.....

Miscarriages are much more common than most people realise. Among women who know they're pregnant, it's estimated that 1 in 4 pregnancies will end in miscarriage. Some miscarriages occur before a woman is even aware she is pregnant. Ectopic pregnancies occur in 1 in 80-90 pregnancies. We understand that in both cases this can be a challenging and distressing time. Please be assured that in the vast majority of cases you could not have done anything differently to change what has happened.

For some women it is a great sadness; others are upset at the time but adjust quickly. How you feel will depend on your situation, your experience of miscarriage and what your pregnancy meant to you.

Physically, even some time after your miscarriage, you may feel very tired, have continued bleeding, headaches, stomach pains, or either have difficulty sleeping or the need to sleep a lot. These symptoms should disappear over time, but contact your GP or the Early Pregnancy Unit if you are concerned.

Physical symptoms can add to your distress, making it hard for you to move forward. In particular if you have ongoing bleeding this may require further tests and treatment.

You do not normally need a repeat ultrasound scan, instead we will call you 3 weeks after your miscarriage or ectopic pregnancy, (we will give you a date for this before you leave hospital). This is mainly to see how you are feeling and also to ask you to do a urine pregnancy test to confirm that no pregnancy tissue is remaining. Sometimes we need to follow up with regular blood tests to check your pregnancy

hormone levels until they return to normal. It is helpful if you can provide your best contact telephone number. Please bear in mind that our scheduled phone call will come up as a 'no caller ID' and we can only leave a message if it is clear that it is your telephone number.

Even a very early miscarriage can lead to strong emotions. If you felt very close to your baby as soon as you knew you were pregnant, you are likely to be very upset if you miscarry. There are many places that you can go to for support and advice but we recommend the following:

The Miscarriage Association - If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, their website will provide useful information for you and your partner - <https://www.miscarriageassociation.org.uk/>

Facebook – Mum to Mum Babyloss Support Group – a local forum offering support during this difficult time.

The Early Pregnancy Unit Salisbury NHS Foundation Trust – 01722 336262 Ext 2317 during office hours – for support and advice you can speak to a healthcare professional during office hours.