

Saint Mary's Hospital  
Emergency Gynaecology Unit

## Information for Patients

# Women who have experienced a complete miscarriage

We are sorry that you have received bad news about your pregnancy. We realise this is a very distressing time for you. The staff are here to support and help you throughout this difficult time. If, after reading this leaflet, there is anything that you are worried about or unsure of, please do not hesitate to ask or let us know.

## What can I expect?

### Bleeding

This may vary.

You may bleed for up to 3 weeks or you may have little or no bleeding at all. Your bleeding may be bright red or dark brown and you may lose some small clots, do not be concerned about this.

Your next period may be heavier than usual, and will usually happen 3-6 weeks following your miscarriage.

### Pain

For the next week or two you may experience period-like cramps. Do rest and, if you need to, use pain relieving medicines which suit you. Some women find that a hot water bottle also provides some pain relief and comfort.

### Feelings

As an individual, your feelings are unique. Over the next few weeks you may experience days when you feel completely 'back to normal' and days when you may feel sadness or a sense of loss. These feelings are all normal, but you might find it helpful to talk to someone you know and whom you feel close to.

If you do wish to talk to someone about your feelings and are unable to do so with a partner, close friend or family member, you might like to consider contacting one of our counsellors on the number given overleaf.

## When can I start trying for another baby?

It is perfectly safe to start trying for another pregnancy once you and your partner feel ready to (providing you feel well and you have stopped bleeding). For dating reasons, there is an advantage in waiting until your next period, however if you conceive before your next normal period, there is no increased risk of miscarriage.

If you are planning to get pregnant again, we recommend that you take folic acid tablets (400 micrograms per day) for at least one month prior to conceiving, and continue to take them until the 12th week of the pregnancy. This helps to reduce the risk of spinabifida, an abnormality of the baby's spine. You can buy tablets at your local chemist or supermarket or alternatively you can obtain them from your General Practitioner (GP).

## Certificates

As there is no official national recognition at this time of pregnancy's lost less than 24 weeks' gestation, Saint Mary's Hospital offer certificates of remembrance. If you would like to know more, please ask your nurse or if you have been discharged please contact the Early Pregnancy Loss specialist nurse or the Emergency Gynaecology Unit.

## Saint Mary's Hospital contact numbers:

Should you require any additional information or help please contact:

### **Emergency Gynaecology Unit (EGU)**

(0161) 276 6204

(7 Days 8.00 am – 9.30 pm)

### **Gynaecology Ward 62**

(0161) 276 6518 or (0161) 276 6410 (24 hours)

### **Early Pregnancy Loss Specialist Nurse**

Maxine: (0161) 276 6571

(Monday – Thursday variable hours – answerphone available)

### **Counselling Service (confidential)**

(0161) 276 6283

(Monday - Friday 8.30 am – 4.30 pm – answerphone available)

## Useful addresses

The Miscarriage Association

Tel: (01924) 200799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

[www.earlypregnancy.org.uk](http://www.earlypregnancy.org.uk)

Women's Health Concern

Tel: (01628) 478473

[www.womens-health-concern.org.uk](http://www.womens-health-concern.org.uk)

NHS Choices

[www.nhs.uk](http://www.nhs.uk)

Saint Mary's Hospital Website

[www.mft.nhs.uk/saint-marys](http://www.mft.nhs.uk/saint-marys)