



**Saint Mary's Managed Clinical Service Division of Gynaecology**

**PATIENT INFORMATION LEAFLET**

# WHAT TO EXPECT FOLLOWING 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. Your bleeding may be bright red or dark brown and you may lose some small clots, do not be concerned. 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 people find a hot water bottle provides pain 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 at the bottom of this leaflet.

## 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 EGU/GAU.

## 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 spina bifida, 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).

**If you require any further information or clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns.**

## CONTACT DETAILS



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

(0161) 291 2561 (24 hours)

EGU is located at Wythenshawe Hospital (enter via entrance 15)

The department operates a telephone triage service you must call and speak with a specially trained nurse before attending to plan your care.

***There are no emergency gynaecology services at Saint Mary's Hospital, Oxford Road***



### **Gynaecology Assessment Unit (GAU)**

(0161) 720 2010 Reception / (0161) 604 5130 GAU Nurses

Monday to Friday - 07.30 - 20.30 Saturday & Sunday - 08:30 – 16:30

**GAU is located at North Manchester Hospital (Ward G2, via Entrance 1 / main entrance).**

To be seen in GAU a referral from your GP, Midwife, A&E or other health care professional is required. GAU is not a self-referral unit.



**Gynaecology Ward F16 at Wythenshawe - (0161) 291 5060 (24 hours)**



**Early Pregnancy Loss Specialist Nurse - (0161) 276 6571 Monday – Friday variable hours – answerphone available**



**Counselling Service (confidential) - (0161) 276 4319**

Monday - Friday 8.30 am – 4.30 pm – answerphone available



<https://mft.nhs.uk/saint-marys/services/gynaecology/emergency-gynaecology/>

## USEFUL ADDRESSES

**Cradle Charity** [www.cradlecharity.org](http://www.cradlecharity.org) 'Connected' weekly online pregnancy loss support group, check out 'Support Group' also 'Support Forum' on their website.

**The Miscarriage Association:** Tel: (01924) 200799 [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

