



Healthier
Pennine Lancashire



East Lancashire Hospitals

NHS Trust

A University Teaching Trust

Discharge Information:

Miscarriage

Safe | Personal | Effective

We are very sorry you have experienced a miscarriage and we understand that this will be a difficult time for you. In addition to the emotional support information in your discharge information pack it is important you also understand the common physical symptoms you may experience after miscarriage. These symptoms are common regardless of your treatment process.

Please remember everyone's recovery is different and should you have any questions please contact the Gynaecology and Breastcare ward or the Early Pregnancy Assessment Unit

When can I return to my normal activities?

This information is only to be used as a guide for your recovery.

Recovery will be specific to you as an individual.

It is normal to feel tired for a few days after miscarriage and you may need to rest.

- **Work**

Physically you can normally return to work when you feel well enough to do so. Most workplaces allow you to self-certify for up to 7 days. We understand that following pregnancy loss you may feel you need longer to recover both physically and psychologically and therefore should you require a sick note please discuss this with the team looking after you or your GP.

- **Exercise/Driving**

You will continue to have some cramping and bleeding for upto 3 weeks following miscarriage and therefore you may find exercising uncomfortable, there is no right or wrong about when you can return to your normal exercise routine this is upto you, however you should ease yourself gently back into your exercise programme and you must not go swimming until any vaginal discharge/bleeding has stopped. If you have had a general anaesthetic you cannot drive for 48 hours after your procedure.

- **Sexual Intercourse**

Do not resume having sexual intercourse until any vaginal bleeding has stopped and you feel ready and comfortable to do so. It may take a while before you and your partner feel ready – this is completely normal. If you do not want to become pregnant, seek further advice from your nurse, doctor or family planning clinic regarding suitable contraception for you

- **When can I expect a period?**

Every woman is different regarding how soon after miscarriage to expect a period, however sometime in the next 6 weeks is considered usual. Ovulation occurs before this, so you may be fertile in the first month after a miscarriage we advise to wait for a period cycle before you try for another pregnancy and you should therefore avoid unprotected sex. Often this first period may be heavier or lighter than normal, but should return to normal within 2-3 cycles

Vaginal Bleeding and Abdominal Pain

Vaginal bleeding

You can expect to have some vaginal bleeding for 2–3 weeks after your miscarriage. This is like a heavy period for the first few days or so. This should lessen gradually and may become brown in colour. You should use sanitary towels rather than tampons, as using tampons could increase the risk of infection.

Discomfort/Pain

You can expect some cramps (like strong period pains) in your lower abdomen for a few days following miscarriage. You may get milder cramps or an ache for a few weeks afterwards. If the discomfort is not relieved by simple painkillers from the pharmacy and you experience the following symptoms, you should contact the Early pregnancy Assessment Unit:

- Heavy or prolonged vaginal bleeding,
- Smelly vaginal discharge and abdominal pain:
- If you also have a raised temperature (fever)
- Increasing abdominal pain and you feel unwell

Will I need a follow-up appointment?

This will depend on your previous pregnancy or miscarriage history. You may need to attend the hospital for further blood tests. Any required follow up will be discussed with you and arranged before discharge from the ward if this applies to you.

You must complete a urine pregnancy test 3 weeks after discharge and inform the early pregnancy unit if this test is positive.

You do not need to be worried if the pregnancy test is still positive, however this indicates you need some further assessments with the early pregnancy assessment team.

Emotions and Support

Reaction to a pregnancy loss is very variable and in addition to the grief you may feel, your body will be undergoing lots of hormonal changes. It is completely normal to feel a variety of emotions during this time, and it may take time for you to recover. We are all different and we all react and recover in different ways - there is no right or wrong way. All these feelings are normal and a part of processing your experiences. The feelings of low mood usually ease with time, talking about your feelings with friends and relatives can help considerably. If after 6 weeks you feel you cannot return to your normal daily activities, we would recommend you seek further support through your G.P., support groups or charities although it is important to know you can access

support sooner if you feel you need it. The available support group information will have been provided to you in your discharge pack.

When can we try for another baby?

You can try for a baby as soon as you and your partner feel physically and emotionally ready and you have had at least one period

Am I at higher risk of a miscarriage next time?

You are not at significant increased risk of another miscarriage if you have had one or two early miscarriages. Most miscarriages occur as a one-off event and there is a good chance of having a successful pregnancy in the future.

Like anyone else planning to have a baby, you should:

- take 400 micrograms of folic acid every day from when you start trying until 12 weeks of pregnancy to reduce the risk of your baby being born with a neural tube defect (spina bifida)
- be as healthy as you can – eat a balanced diet and stop smoking
- not drink alcohol as this may increase your chance of miscarriage

If you are unsure whether you wish to try for a future pregnancy, advice regarding contraception can be sought from your doctor or family planning clinic.

Support Services following Pregnancy loss.

There are several organisations locally and nationally which provide ongoing support to anyone experiencing pregnancy loss. These are listed below, please remember you can also discuss the requirement for ongoing psychological support with your GP.

Lancashire Family Wellbeing Service:

This service aims to support mental health through trauma, loss and bereavement related to pregnancy. You can self-refer to this service online or by phone

www.lancashirewomen.org Tel: 0300 330 1354

The Miscarriage Association: aim to give support and information to bereaved parents who have been affected by miscarriage, molar pregnancy or ectopic pregnancy.

www.miscarriageassociation.org.uk Tel: 01924 200799

Children of Jannah: supporting bereaved parents who hold at their core the Muslim belief that all children who die enter Heaven (called Jannah in Arabic). This belief is the guiding light that helps them to provide support through a faith perspective and education to thousands of families in the UK and beyond, who have been affected by the tragic loss of a child.

www.childrenofjannah.com

The Ectopic Pregnancy Trust: is a charity which provides information and support following the diagnosis of an ectopic pregnancy.

<https://ectopic.org.uk/> Tel: 020 7733265

Who can I speak to if I have any questions?

If you have any questions about any information in this leaflet, please do not hesitate to ask the nurse who is caring for you. Or you may wish to contact some of our health professionals from the Early Pregnancy Unit (EPAU) or Gynaecology Ward team.

Contact us:

Early Pregnancy (EPAU): 01282 804268.

Gynaecology ward: 01282 804014 – open 24 hours

If you require this document in an alternative format or language, please contact

Familycarequality.safetyteam@elht.nhs.uk

Polish

W celu otrzymania tego **dokumentu** w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį **dokumentą** kitu formatu ar kita kalba, prašome susisiekti su mumis

ID: EPAU 16

Author: Early Pregnancy Assessment Unit Team

Date of issue: Sept 24

Review Date: Sept 27

Version Number: 1.2