

What is a miscarriage?



A miscarriage is when your baby dies inside you.



Most miscarriages happen in early pregnancy.



There are 5 different types of miscarriages.



Your midwife or doctor will tell you which type of miscarriage you have had.

Why can miscarriages happen?



Being over 38 years old.



If you have had a miscarriage before.



You may have a problem with your hormones (chemicals in your body).



Smoking when you are pregnant.



Drinking too much alcohol.



Having diabetes that is not under control.



If you have had 3 or more miscarriages before...



...you should talk to your doctor.

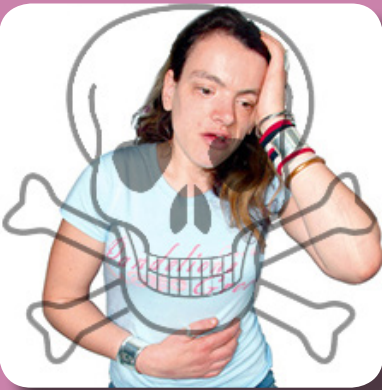
Symptoms of a miscarriage



Bleeding from your vagina.



Stomach cramps.



Feeling unwell.



Feeling that something is not right.



Sometimes you may feel OK and not have any symptoms.



You may only find out something is wrong when you have a scan.



If you have symptoms of a miscarriage, or you are worried...



...talk to your doctor as soon as you can!

Your feelings after a miscarriage



Losing your baby may make you upset.



You may be worried that you did something wrong.



You may feel angry at people who have children.



You might feel like you don't want to see anyone.



You might need some quiet time and rest.



You may feel alone.



You need to find the right sort of support.



Your doctor can help you.

Getting pregnant after a miscarriage



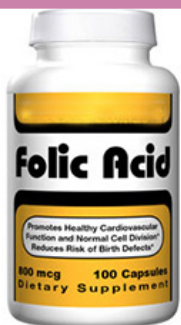
You might want to get pregnant again quickly.



This is usually fine but you should let yourself have 1 period first.



Get plenty of rest and eat well.



Take folic acid tablets.

(A supplement that helps to make a healthy baby)



If you get pregnant, you may feel worried.
It is normal to feel like this.



You can ask your midwife or doctor for extra
check-ups.



Most women go on to have a normal
pregnancy.

Speaking to someone who can help



It may be helpful to speak to someone you trust.



You may find it useful to talk to other women who have had miscarriages.



The NCT can help you with this.

www.nct.org.uk

0300 330 0700



The Miscarriage Association.

www.miscarriageassociation.org.uk

01924 200 799



If you are worried or need help, please speak to your doctor.

The different types of miscarriage



Bleeding in early pregnancy

(when you might have a miscarriage)



Bleeding from your vagina.



Maybe some stomach cramps.

(Painful feelings in your belly)



You need to wait and see if the pregnancy will continue or not.



If you have symptoms of a miscarriage please talk to your doctor.

Complete or incomplete miscarriage

(when you will have a miscarriage)



Bleeding from your vagina.



Very painful stomach cramps.

(Painful feelings in your belly)



The neck of the womb (cervix) starts to open up.



You may bleed from your vagina for about 10 days after the miscarriage.



If you have symptoms of a miscarriage please talk to your doctor.

A 'missed' or 'delayed' miscarriage

(when the baby dies and stays inside your belly)



You may feel that something is not right.



You may feel OK and not have any symptoms.



You may only find out something is wrong when you have a scan.



If you have symptoms of a miscarriage please talk to your doctor or midwife.

A 'blighted ovum' or 'anembryonic pregnancy'



This is when there is no baby inside your pregnancy sac.



This can happen because your baby stopped growing when it was very small.



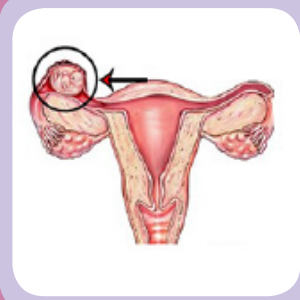
You may only find out something is wrong when you have a scan.

It may be a shock!



If you are worried or have symptoms of a miscarriage, please talk to your doctor or midwife.

Ectopic pregnancy



An ectopic pregnancy is when the egg grows in the wrong place.



A baby can only grow in the womb.



See your doctor if:

There is brownish bleeding from your vagina.



Strong pain in the lower part of your belly or shoulder.



You are feeling faint.



You will need to go to hospital to have the pregnancy taken out.

This leaflet was made by the Easyhealth team
at Generate Opportunities Ltd.



NHS choices

Easyhealth was given permission by NHS Choices to use their health information.



The '**Quality Checking Group**' at Generate checked that the information is easy to understand.

This is a group of advisors with learning disabilities.



This information was medically checked by:
Gill Costello
Lead midwife Specialist
Early Pregnancy Unit
St George's Healthcare Trust



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