



Gina S. Nelson, M.D.

210 Sunny View Lane, Suite 104

Kalispell, MT 59901

(406) 755-6550

drginanelson.com



Early miscarriage information and precaution sheet

Please accept our condolences on your loss. Miscarriages are common, but this does not make them any easier. They can be sad and frightening, but when we work together, they are usually without complication.

Please understand that miscarriage is not caused by ordinary life situations like stress, sex, or hard work. They are usually caused by a natural error in the formation or the pregnancy which is incompatible with development. One or two early miscarriages do not put you in a special risk category, and do not indicate a special problem with fertility for the future.

Most miscarriages are early, as in the first trimester. If this is the case, you may deliver in one of three different ways:

1. Naturally- This means you begin cramps and expel the pregnancy on your own.
2. Cytotec induction – This requires the administration of this medicine which helps separate the placenta and induces cramps which effect passage of the pregnancy.

Either of these two methods can result in excess bleeding, excess pain, or incomplete passage of the products of conception. In this case, the next step is D and C.

3. D and C – This stands for dilation of the cervix and curettage. Curettage is the clearing out of the uterine cavity with a curette which is an instrument like a spoon. This requires anesthesia. It requires dilation of the cervix, followed by curettage; this is when the lining of the uterus is gently cleaned out with an instrument called a curette, which is much like a spoon.

Regardless of how you come to deliver, you will need to know the following:

1. **Activity-** Afterwards you will be a bit crampy and will have normally lost some blood. You will recover most quickly if you rest at home the first two days and continue your vitamins and good hydration. If you overdo it early on you will be more likely to have excess bleeding and discomfort. When you are evaluated at your post partum appointment, you will receive new tailored recommendations about advancing your activity.
2. **Prevention of abnormal clotting** – Any time after a pregnancy or surgery the clotting system is activated. Examples of abnormal clotting would be a stroke, deep vein thrombosis in the leg, or a pulmonary embolus, which is a clot in the

lung. While recovering, it is necessary to have enough mobility to maintain good circulation even while maintaining a reduced activity level as recommended above. It is best to alternate rest and activity, and to increase physical activity as tolerated.

3. **Pain management-** It is best to rely on a base of regularly scheduled anti-inflammatory, such as ibuprofen, with narcotic pain pills added in “on top” as needed. Narcotic pain pills can cause constipation, which can be a major cause of post op discomfort. Please use healthy diet, good hydration and stool softeners such as Colace and Milk of Magnesia to prevent this.
4. **Bathing-** You may shower right away, and bathe after the first day.
5. **Dietary intake** should be normal healthy. However you should be especially attentive about eating lots of fruits, vegetables and protein. Plain probiotic yogurt is also a good addition. Make sure to stay extremely well hydrated. Continue your Prenatal Vitamin.
6. **Abstain** from intercourse, tampons or anything in the vagina until you are evaluated at your 2 week follow up appointment.
7. **Future pregnancies** should be delayed after recovery for at least a couple normal menstrual cycles to avoid increased risk of recurrent miscarriage due to the pregnancies being too close together.
8. **Precautions** - Call with a fever greater than 100.0 degrees, chills, body aches, nausea, vomiting, diarrhea, uncontrolled pain, depressed mood or post miscarriage vaginal bleeding greater than a light menstrual period. It is important that if you pass any solid tissue please collect it, place it in a Ziploc bag, refrigerate it and bring it in within a day. This helps us determine if you have completed the miscarriage. Call us if you experience abnormalities of mood.

We hope these instructions will help you through this difficult phase.

