

Follow up:

You will be asked to do a pregnancy test 3 weeks after the procedure to ensure the miscarriage is complete. If the pregnancy test is positive or you continue to bleed after 4 weeks please contact the Early pregnancy unit for an appointment.

Your Feelings:

It is completely normal to feel helpless, isolated and angry. Depression, guilt and self-blame are very common feelings after a miscarriage. Your partner may also find it hard to express their feelings; they may want to be strong and want to protect you.

This is a very difficult time for you both, but talking to each other about your feelings can help

You should allow yourself to recover both physically and mentally before trying to conceive again. We would advise to wait for a normal period and a negative pregnancy test before trying for another pregnancy and continue with folic acid. If you are not ready or wish to become pregnant again contraception can be commenced

If you have any further questions and would like to talk to a member of clinic staff, you are welcome to contact us.

Contact Numbers University Hospital of Wales

Early Pregnancy Assessment Unit
Monday to Friday 9am – 5pm

029 2184 2727

Gynaecology Emergency Unit
Evenings and Weekends

02921843857

The Miscarriage Association has lots of helpful information and support, following a miscarriage:

01924 200799

www.miscarriageassociation.org.uk



Early Pregnancy
Assessment Unit

PATIENT INFORMATION

MEDICAL MANAGEMENT OF MISCARRIAGE AT HOME



GIG
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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Your ultrasound scan has sadly shown that you have had a miscarriage (a pregnancy that is no longer continuing). This information is prepared to help you cope through the process of the miscarriage as you have chosen to have treatment at home. Medical management aims to speed up the natural miscarriage process and in most cases this avoids the need for an operation.

Treatment Procedure:

Administration of tablets (misoprostol):

You will need to ensure that you have a responsible person with you at all times prior to starting the treatment. You will also need access to the telephone and access to transport in case you need to come to the hospital in an emergency. You may choose a time that you wish to start the treatment – this may be in the day or night to best suit you.

It is advised that you use sanitary towels rather than tampons to reduce the risk of infection. You will be given a total of 6 tablets to take home. The first dose will be administered by using 4 tablets either vaginally (inserted into the vagina using lubricating gel), buccally (placed in the upper and lower parts of the cheeks or sub lingually (placed under the tongue). Whichever method you use, the tablets are required to stay in place for 30 minutes. Three hours after this dose you will be required to use the remaining two tablets buccally or sublingually as described above.

The tablets aim to help relax and soften the cervix (neck of the womb) and speed up the natural miscarriage process.

After this you should stay at home and try to relax, as bleeding can start quite quickly. The miscarriage process may take some time after insertion of the tablets

What to expect:

Within a few hours you will start to bleed. The pain experienced during the miscarriage may be stronger, more intense and sharper than period pains but should be controlled with the painkillers that have been provided. It is advisable to take these at the same time as the medication. Using a hot water bottle or having a warm bath can sometimes help. It is difficult to predict how much blood loss you will experience, as it is different for everyone.

You may experience some side effects after the administration of the tablets. These are uncommon but may include nausea or vomiting, diarrhoea, indigestion and dizziness

There are usually some blood clots and these can be quite big. Sometimes the bleeding is lighter, though it is usually heavier than a normal period. It is advisable to protect your mattress and bedding.

If you feel frightened at home, or if the bleeding is heavy (changing your pad twice an hour for 2 consecutive hours), or if the pain is severe and not relieved with the pain relief medication, please contact us for advice. Contact numbers

are on the back of this leaflet. You do not have to keep any of the clots/tissue that you pass. Most women prefer not to look at what they have passed, however if you do see any recognisable tissue from the pregnancy and are concerned what to do, please contact the unit for advice. In most cases, the above treatment is all that is needed. In a small group (5-10%) of cases it may be necessary to consider a surgical procedure, if the bleeding becomes heavier or the medical treatment does not work.

After the procedure:

Following the treatment you may bleed like a period for 7-14 days. The bleeding should gradually ease over this time. You will need to contact the clinic if any of the following occur:

- If you have had no bleeding or not passed any pregnancy tissue within 7 days of administering the tablets
- Increase in pain
- Increase in vaginal bleeding
- Smelly vaginal discharge
- Fever

