



Around the Circle Midwifery, LLC

Constance Frey LM, CPM & Carolee Hall LM, CPM

Miscarriage

Some general information:

Miscarriages are really common. It is estimated that up to 50% of all pregnancies miscarry. Many women, before realizing a life has begun forming within them, may miscarry without knowing it and assume they are having a late heavy period. Therefore, the miscarriage rate is closer to 40 or 50 percent of all pregnancies. You may feel that you have miscarried because there is something wrong with your body. You may blame yourself, thinking that exercise or being sexually active has caused your miscarriage. However the opposite is true; a miscarriage is your body's way of doing its job to stay healthy. First trimester miscarriages generally happen because the baby isn't forming correctly. These genetic abnormalities are random accidents of nature, and usually do not repeat themselves.

Remember, if you are experiencing a miscarriage, you are not alone; miscarriage is common and normal. Most women that experience a miscarriage will go on to have a healthy pregnancy in the future.

Call your midwife or go to the hospital if you experience:

- Heavy bleeding or large clots
- Bleeding that fails to stop after 10 days
- Fever over 100.0 degrees F
- Worsening lower abdominal pain and or uterine cramping that doesn't decrease after passing of your baby
- Weakness, dizziness or fainting

(It is important to listen to your body and it is always okay to call us if you have any questions or concerns)

To help along your recovery:

- Avoid sexual intercourse for 3 weeks
- Don't use tampons for 3 weeks
- Avoid dehydration by drinking plenty of fluids: at least 6-8 glasses per day
- Use a method of birth control until you have had 3 normal periods; this allows your body to heal and the chance of subsequent miscarriages goes down.
- Take time for emotional recovery and allow yourself to grieve. It may help to talk to those close to you or even a counselor or therapist. Know that whatever you are feeling or not feeling is okay; all of us deal with loss in our own ways.

Some helpful websites that address miscarriage and pregnancy loss include:

- www.nationalshareoffice.com
- www.mend.org
- www.americanpregnancy.org/pregnancycomplications/miscarriage.html
- www.acog.org/publications/patient_education/bp090.cfm

*2120 Pacific Ave NE Olympia WA 98506
Tel: 360 459-7222 Fax 360 459-7223
www.aroundthecirclemidwifery.com*