

EARLY PREGNANCY LOSS (MISCARRIAGE) TREATMENT: PROCEDURE

HOW DOES IT WORK?

A procedure can help an early pregnancy loss to end faster. The clinician removes the pregnancy tissue using a hand-held device.

HOW WELL DOES THE SUCTION PROCEDURE WORK?

The procedure works 98-100% of the time.

IS IT SAFE?

Yes, the procedure is a safe way to complete a pregnancy loss. Having this procedure does not lower your chance of getting pregnant again.

WHAT WILL HAPPEN?

- You may have bleeding for up to 2 weeks. Bleeding may stop and start for several weeks after the procedure. Some people have no bleeding for 2 or 3 days and then begin to have bleeding like a period. Other people have only light bleeding for a few days and then no more bleeding at all. If you exercise or have a lot of activity, you may notice the bleeding increases; this is not dangerous.
- Some people have cramps off and on during the week following a pregnancy loss.
- You can go back to your regular activities as soon as you want. You can take a shower as soon as you want. You can eat normally, although you may still feel queasy for a few days.

ARE THERE THINGS YOU SHOULD *NOT* DO?

Yes! Until you come back next week, do not put anything in your vagina. Do not use tampons, do not douche, and do not have sex.

WHAT CAN I TAKE FOR PAIN?

- **Medicine:**
 - Take ibuprofen (Motrin or Advil) 800 mg every 8 hours as needed for pain. Take this with food to avoid an upset stomach.
 - You can also take acetaminophen (Tylenol) or naproxen (Aleve).
- **Comfort:** A hot pack may help with cramps. You can also drink some hot tea. Rest in a soothing place.

WHAT IF IT DOESN'T WORK?

It is very rare that the procedure does not work. If it does not, you can return for another procedure.

WHEN SHOULD I CALL OR RETURN TO MY CLINICIAN?

- If the bleeding becomes heavy and soaks through more than 2 maxi pads per hour for 2 hours in a row
- If you have a fever over 101°F (38.3°C)
- If you have severe cramps that do not go away or get better with pain medication
- If you have overwhelming feelings of sadness or grief

Let your clinicians know if you need help. No question is too small. Your clinician knows this may be a tough time for you and you have received a lot of instructions. If you forget something, call your clinician. Keep a follow-up appointment with your clinician.

HOW SOON CAN I GET PREGNANT AGAIN?

You can get pregnant soon after the pregnancy loss is over. If you want to try again, take a prenatal vitamin daily. If you are not ready to be pregnant at this time, please come to your clinician for your birth control options.

FEELINGS AFTER A PREGNANCY LOSS

Please understand that nothing you did caused the pregnancy loss. A pregnancy loss is nature's way of ending a pregnancy that would not be healthy. An early pregnancy loss is NOT caused by stress, sports, food, or sex.

Sometimes families and friends don't know what to say. If you feel very upset, you may want to talk to a counselor.