

What Are My Choices for Miscarriage Treatment?

	Watch and Wait	Medication	Suction Procedure
How does it work?	You wait for the pregnancy tissue to pass, which happens with cramping and bleeding with clots.	Pills called misoprostol help to make the tissue pass. You use these pills at home.	A health care provider removes the pregnancy tissue using a simple office procedure.
What will happen?	You wait for the cramping and bleeding to happen. You won't know when it will start. The bleeding and cramping is most likely heavier than a period and lasts 2-6 hours. Lighter bleeding often lasts 1 to 2 weeks and it may stop and start a few times.	You will place the pills in your vagina at a time you choose after you take some pain pills. The pills may cause nausea. You will have heavy cramping and bleeding about 2-6 hours after taking the pills. The bleeding may be much heavier than a period. Lighter bleeding often lasts 1 to 2 weeks and it may stop and start a few times.	The procedure takes place in the office. It takes 5–10 minutes. Your health care provider puts instruments in your vagina and uterus to remove the tissue. You will have light bleeding and cramping for 3-7 days.
How painful is it?	You will have intense cramping. Pain pills and a heating pad can help relieve painful cramps.	You will have intense cramping. Pain pills and a heating pad can help relieve painful cramps.	You may have mild to strong cramps during the procedure. Medication given before the procedure helps.
How well does it work?	This works 66–90% of the time, depending upon the type of miscarriage you have.	This works 80–90% of the time, depending upon the type of miscarriage you have.	This works 98–100% of the time, depending upon the type of miscarriage you have.
What if it takes too long or doesn't work?	If it takes too long, you can return to your health care provider at any time for pills or a suction procedure.	If it didn't work or takes too long, you can return for a suction procedure or try another round of the pills.	In the rare case that it doesn't work, you can return for another suction procedure.
Is it safe?	Yes. All three treatment options are safe.		
Can I still have children afterwards?	Yes. These treatments don't prevent you from getting pregnant or staying pregnant in the future. Once the miscarriage is over you can start trying to get pregnant as soon as you feel ready.		
What caused the miscarriage?	You did not make it happen. A miscarriage is nature's way of ending a pregnancy that would not be healthy. Miscarriage is not caused by stress, sports, foods or sex.		