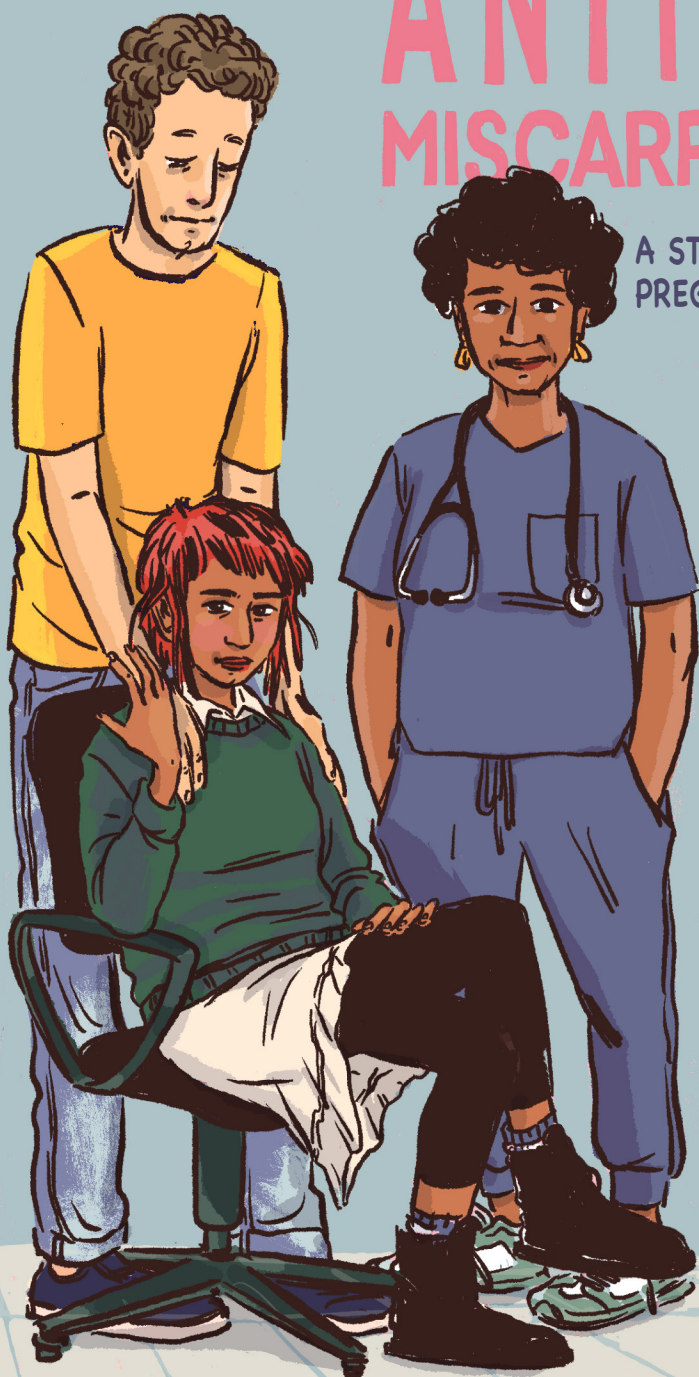



# ANITA'S MISCARRIAGE

A STORY OF EARLY  
PREGNANCY LOSS





Hi, I'm Anita. I'm a hair stylist with my own little salon in town, which means I'm super busy.

My family is so important to me. Tom and I live next door to my sister and her two awesome kids. Tom and I hadn't planned on having kids yet, but then I got pregnant and we decided it was the right time for us.

I was 8 weeks pregnant when I noticed some blood in my underwear and some cramps. My sister suggested that maybe I should take it easy for a while - sometimes you spot or bleed a little during pregnancy.

But the bleeding didn't stop. I called my family nurse practitioner, Monica. She told me to come to the clinic that day.



Monica asked me how much I'd been bleeding, how I felt, and if I was hoping to keep this pregnancy. I described the bleeding and explained that I didn't feel pregnant anymore. She ordered some blood tests and an ultrasound.



Through these tests, they could see that the pregnancy had stopped growing. I was upset, afraid of what came next, and worried about ever becoming pregnant again.

Was this my fault? What did I do wrong?

This wasn't your fault. When a pregnancy starts, cells divide fast to make an embryo, and sometimes things go wrong. Your body notices this, and the pregnancy stops growing. Early pregnancy losses are very common - about 1 in 4 pregnant people experience them.

So what are our options? Do I need surgery? I hate hospitals, and I don't know if we could handle a big bill right now.



Monica told me we had three options for care, and none of them required going to the hospital!

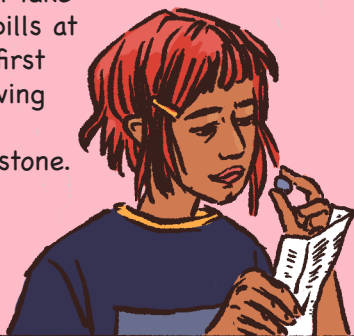
The first option is watching and waiting, which means that you wait for the pregnancy tissue to pass on its own. It's hard to predict when the pregnancy will pass. Heavy bleeding and cramps last for a few hours and then lighter bleeding continues for 1-2 weeks.



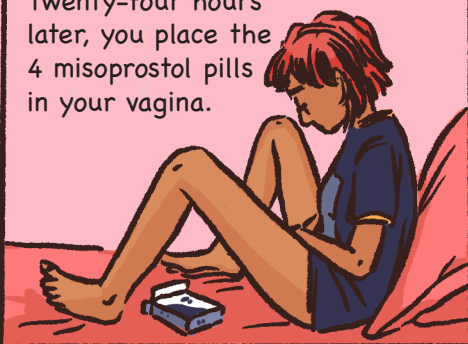
Some people like this method because it feels more natural.

Another option is using pills: mifepristone and misoprostol.

You can take these pills at home, first swallowing the mifepristone.



Twenty-four hours later, you place the 4 misoprostol pills in your vagina.



The misoprostol may cause cramps, bleeding, nausea, diarrhea, and a low fever. Ibuprofen can help with pain. You will have heavy bleeding and cramping about 2-6 hours after taking the pills, and then lighter bleeding for 1-2 weeks.



Some people like that they can manage this at home, and that using the pills is quicker than watching and waiting.



The third option is to have a simple procedure to remove the pregnancy tissue here in the clinic.



We would put instruments in your vagina and uterus to remove the pregnancy tissue and then you would have light bleeding and cramping for 3-7 days after.



The procedure lasts only 5 to 10 minutes. Some people find this to be the best option for them because it's so quick.



Other people are afraid of cramping and heavy bleeding at home. This is also great for those who tried the other options and find that they aren't working quickly enough.

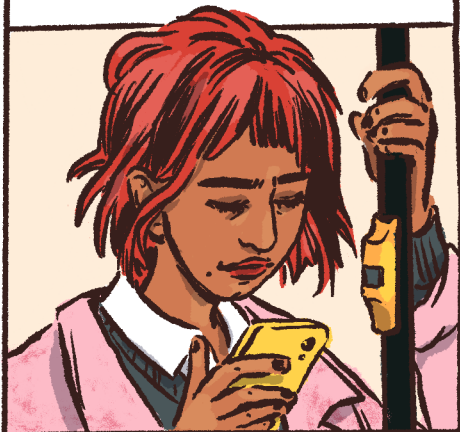
All three treatments are safe and won't prevent you from getting or staying pregnant in the future,



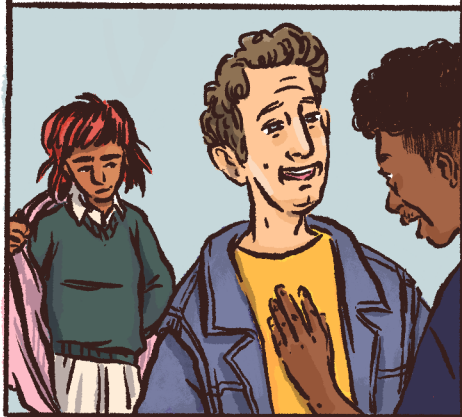
if that is what you want.



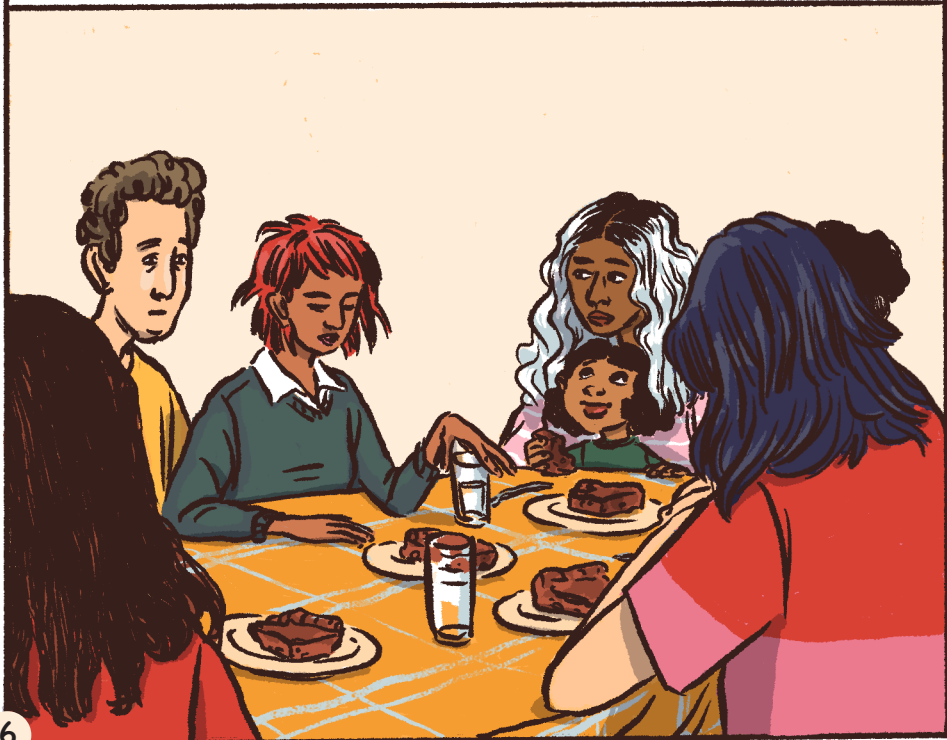
I was overwhelmed and needed to talk to Tom so we could discuss the options. Monica told me we could take as much time as we needed. She'd check in with us in a few days.



Later that night Tom and I went to a friend's house for dinner. Only my sister knew about my pregnancy. I was sad, scared, and felt like there was something wrong with me.

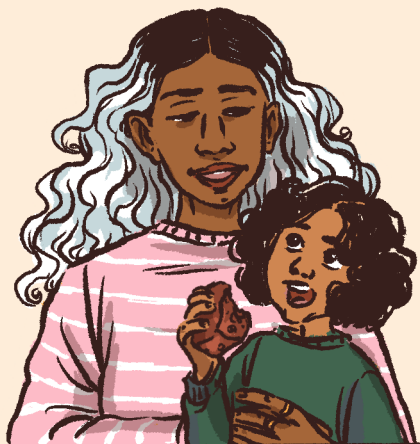


My best friend Corey could see something was up and asked me if I was okay. I explained what was going on.



Corey's partner Liz spoke up,

After I had Sammy, I had a pregnancy loss. I was 7 weeks pregnant. We used medication that my doctor gave us and were able to have the cramping and bleeding at home. We were so grateful to have an option that was safe, effective, but in the comfort of our home.



I had a pregnancy loss before my two daughters,

my friend Jane shared.

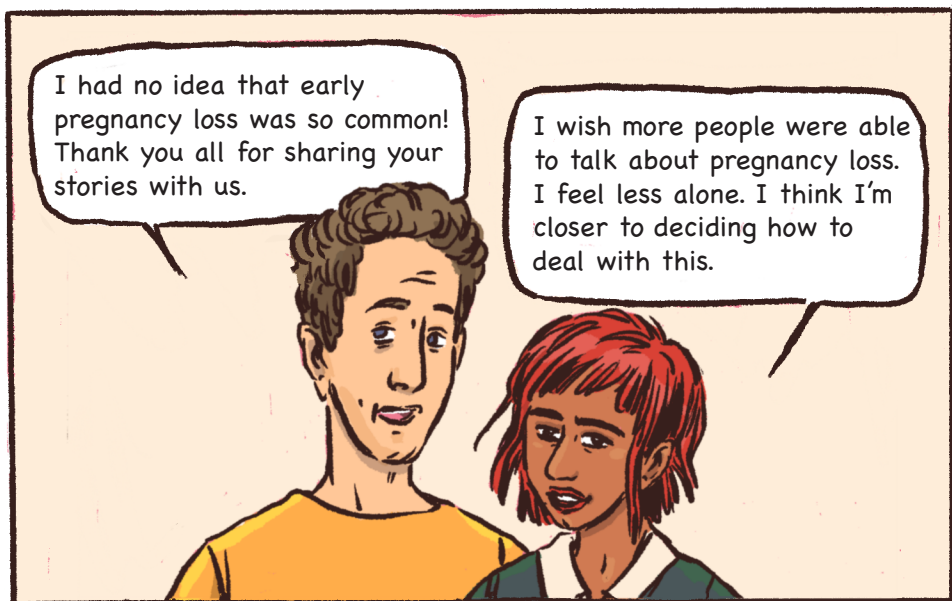
I decided to have the procedure because I hadn't even told my partner that I was pregnant. I was worried they'd blame me. But my midwife assured me that it wasn't my fault. The procedure was quick and I never had to tell that partner.



My friend Tyler also shared,

Well, I didn't even know I could get pregnant while taking gender affirming testosterone! Before I even had a chance to decide how I felt about the pregnancy, my body decided for me. The pregnancy passed on its own, and then I scheduled a visit with my primary care doctor to make sure that I was OK.





Tom and I made another appointment with Monica. We discussed our decision and what to expect next. Monica answered all of our questions, explained everything in detail, and gave us many options for referrals for counseling and support for people who have experienced early pregnancy loss. We both felt informed, affirmed, and supported in our decision.



To learn more about early pregnancy loss, abortion, or birth control, check out the Reproductive Health Access Project website  
[www.reproductiveaccess.org](http://www.reproductiveaccess.org)