A STORY OF EARLY PREGNANCY LOSS

I had no idea that early pregnancy loss was so common! Thank you all for sharing your stories with us.

I wish more people were able to talk about pregnancy loss. I feel less alone. I think I’m closer to deciding how to deal with this.

To learn more about early pregnancy loss, abortion, or birth control, check out the Reproductive Health Access Project website www.reproductiveaccess.org

artwork by Karina Shor · karinashor.com
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 didn’t want my body to decide for me. The pregnancy passed on its own and then I decided to have the procedure because I didn’t even know I could get pregnant while taking gender affirming testosterone.

My friend Tyler also shared, “My friend Tyler also shared...

Corey’s partner Liz spoke up, “Corey’s partner Liz spoke up...

And I’m not going to tell that partner. My midwife assured me that it wasn’t my fault. I was worried they’d blame me, but they didn’t blame me. I didn’t even tell my partner that I was pregnant. I decided to have the procedure because it was quick and I never had to tell that partner.

Two daughters...

I had a pregnancy loss before my two daughters...

My friend Jane shared, “My friend Jane shared...

Sure that I was OK.

Primary care doctor to make sure that I was OK.

I scheduled a visit with my doctor and then...
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.

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. I was sad, scared, and felt like there was something wrong with me.

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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.

Some people like that they can manage this at home, and that using the pills is quicker than waiting and watching. For 3-7 days after, bleeding and cramping would have begun, tissue and then you remove the placenta in your vagina and uterus to have a simple procedure. The third option is to watch and waiting. Using the pill is quicker than managing this at home, and that some people like that they can.

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 cramping last for a few hours and then you place the misoprostol in your vagina. The misoprostol may cause cramps, bleeding, nausea, diarrhea, and a low fever.

The second option is using pills: mifepristone and misoprostol. Monica told me we had three options for care, and none of them required going to the hospital! Another option is using pills: mifepristone and misoprostol. The pills and then heavier bleeding and cramping about 2-6 hours after taking the pills. If you will have pain, you will need pain. Support can help with cramps. Bleeding, nausea, diarrhea, and a low fever.

Some people like this method because it feels more natural.

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.