

EARLY PREGNANCY LOSS (MISCARRIAGE) TREATMENT: PROCEDURE

WHAT IS AN EARLY PREGNANCY LOSS?

Some pregnancies stop growing in the first 12 weeks. That is an early pregnancy loss.

HOW DOES IT WORK?

A procedure (MVA, manual vacuum aspiration) 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 2 weeks. Bleeding may stop and start a few times. Bleeding may change from light to heavy and back again. If you exercise, you may notice more bleeding.
- 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.

WHAT CAN I TAKE FOR PAIN?

- **Medicine:** Take ibuprofen (Motrin or Advil), naproxen (Aleve), or acetaminophen (Tylenol) for pain according to the instructions on the package. Take this with food to avoid an upset stomach.
- **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 severe cramps that do not get better with pain medication
- If you feel dizzy or feel like you may “pass out”
- If you have foul-smelling discharge, chills, or a fever over 101°F (38.3° C)
- If you have overwhelming feelings of sadness or grief

If you have questions or concerns, call your clinician. Let your clinician know if you need help. Your clinician knows this may be a tough time for you and you have received a lot of instructions.

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, you can talk to your clinician about your birth control options.

FEELINGS AFTER A PREGNANCY LOSS

Please understand that nothing you did caused the pregnancy loss. 1 in 4 people experience an early pregnancy loss. We do not fully understand all of the reasons pregnancy losses occur. An early pregnancy loss is **NOT** caused by stress, sports, food, or sex.

Sometimes families and friends don't know what to say to help. If you feel very upset, you should let your clinician know and get the help you need.