

SIGNS OF MISCARRIAGE

ABOUT MISCARRIAGE

What is Miscarriage? In medical words, miscarriage is called spontaneous abortion. It is the loss of an unborn baby less than halfway (20 weeks) through a full-term pregnancy.

Symptoms of Miscarriage: Some miscarriages are completely silent. But one or more of the following events suggest (yet does NOT prove) that you may miscarry (“threatened spontaneous abortion”), or have already miscarried:

- Bleeding greater than your typical menstrual period
- Cramping pain in your pelvis, lower back, or lower abdomen
- A gush of warm liquid from your vagina
- The passage of true tissue (not just blood clots) or of a small recognizable baby from your vagina (birth canal)
- Inability to demonstrate beating of the baby’s heart on a sonogram after six or more weeks of life

Confirmation or Diagnosis: Miscarriage may be confirmed in one or more of these ways:

- Pelvic exam showing your cervix has dilated (opened up)
- Examination of any solids (rather than blood or clots) that have passed from your vagina (birth canal)
- Sonogram (scan) of your pelvic organs
- Falling pregnancy hormone levels, according to lab tests

Future Pregnancies: It is rare for a doctor to be able to discover the cause. It can be known with certainty in those with:

- A baby with abnormalities that prevented it from surviving
- Certain infections or immune system abnormalities
- Abnormalities of shape or function of the female organs

Here are some things, which some women blame for their miscarriage, but which in fact **PROBABLY DO NOT** cause it:

- Emotional stress
- Birth control pills taken accidentally in early pregnancy
- Typical work environments, activities, and reasonable amounts of exercise or sexual intercourse

Treatment: Because continued blood loss could harm you, go immediately to your obstetrician, or if you have none, the emergency room of a nearby hospital. Take the paperwork we provide you and any insurance information.

- Miscarriage will either be confirmed or ruled out by one or more of the tests listed above.
- If all the tissue of pregnancy has been passed, you may be treated with medication and followed closely outside the hospital by a physician
- If tissue remains in your uterus you may need a D & C, a minor surgery that removes it to control further blood loss. You will be “put to sleep” (general anesthetic) or will get other effective pain relief for the D & C.
- If your blood type is Rh negative you will be given an injection of Rhogam, which prevents Rh problems in future pregnancy

Alpha Pregnancy Clinics offers peer recovery counseling for those who have suffered a miscarriage.

Please call us at 707-449-8991 if you are interested in entering into this program.