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# Expectant Management of Miscarriage

## Women's Health

# Expectant Management of Miscarriage

This leaflet is intended to give you additional information to that received from a healthcare professional.

## INTRODUCTION

We are sorry that your pregnancy is no longer progressing.

You would have been given explanations of the way your miscarriage may be managed and offered the opportunity to either have surgical management (ERPC) or expectant management (wait and let nature take its course).

This leaflet is designed to inform you of what to expect over the next few days with expectant management.

## MAKING YOUR DECISION

Please remember that no decision about your care is final. It may be your choice to change the way your miscarriage is managed, or it may become medically necessary to perform an operation because of excessive prolonged bleeding or incomplete miscarriage. This operation is known as an ERPC (evacuation of retained products of conception).

## WHAT TO EXPECT

It is most likely that you have already experienced some bleeding, which will progress over the next few days.

You should expect the bleeding to be, in most cases, heavier than your normal period with the passing of some clots which may be the size of egg yolks. If you pass more than this or soak through more than two sanitary towels in less than two hours, you should seek medical advice/assistance by either telephoning the Early Pregnancy Unit for advice (on 01932 722662) or attending the Accident and Emergency Department.

The bleeding may be accompanied by "crampy period type pain. This may be for a short period followed by a brisk loss of blood.

It is acceptable to take pain killers during this time, paracetamol is suitable and should give some relief.

## YOUR EARLY PREGNANCY UNIT APPOINTMENT

You will have been given an appointment to be seen in the Early Pregnancy Unit in two weeks. This is to review how you are coping and assess if the miscarriage is complete.

Your care and management will be discussed with you and plans for continued care made if necessary.

## USEFUL CONTACTS

We realise that this is a very sad and emotional time for you and your family. We hope that we are able to support you through this.

Please feel free to ask any questions, or to contact the unit for advice.

Early Pregnancy Unit **01932 722662**

The Miscarriage Association **01924 200799** (helpline)

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

The Association of Early Pregnancy Units - [www.earlypregnancy.org.uk](http://www.earlypregnancy.org.uk)

Useful reading:

- Miscarriage, what every woman should know -  
*Professor Lesley Regan* ISBN No. 0747530246  
*Miscarriage - Ann Oakley* ISBN No. 0140120246

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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