Early Pregnancy Loss

Healing your body

Based on how long you were pregnant, it may take up to 2 months for your body to recover. Pregnancy hormones may be in your body for 1 to 2 months after the miscarriage. Most women have their periods starting again 4 to 6 weeks after miscarriage.

It is safe to resume sexual intercourse after bleeding stops. It is possible to ovulate and become pregnant as soon as 2 weeks after a miscarriage. Be sure to use birth control to allow enough time for physical and emotional healing before trying to get pregnant again.

Emotional healing

Dealing with the emotions of grief from your loss will take time. Grief involves many feelings such as sadness, anger and guilt. Talk to family and friends or get support from others.

Your grief may be different from your partner’s. If you or your partner continues to feel troubled over time, talking with your doctor or a counselor may be helpful.

Do not blame yourself for the miscarriage. In most cases, it is not likely that it could have been prevented.

Follow up care

Schedule a follow-up visit with your doctor or OB-GYN clinic. Call within 3 days if you do not already have an appointment scheduled.

Most often, having a miscarriage does not mean a woman cannot have more children, or that there is anything wrong with her health.

Causes of loss

- Problems with the developing baby’s chromosomes or genes.
- Hormone problems, infections, accidents or abuse, and certain diseases such as diabetes and thyroid and immune disorders.
- Smoking, drinking alcohol often, or using street drugs.

Call your doctor right away

- Increased bleeding, soaking more than 1 sanitary pad an hour for 3 hours in a row
- Increased cramping
- Fever over 100.5 degrees
- Severe pain in your abdomen or vaginal area
- Foul-smelling vaginal discharge
Early pregnancy loss resources

Websites

- **Compassionate Friends**  
  [https://www.compassionatefriends.org](https://www.compassionatefriends.org)  
  For 40 years this national organization has offered support and education to families who lose a child at any age for any reason. Local chapters, online support, and other resources are available at no cost.

- **Share Pregnancy and Infant Loss Support, Inc.**  
  This national organization offers support for families who have lost a baby through miscarriage, stillbirth, or in the first few months of life. Online support and educations as well as local chapter information is available.

- **American Pregnancy Association**  
  [http://americanpregnancy.org/pregnancyloss](http://americanpregnancy.org/pregnancyloss)  
  This national organization provides articles about early pregnancy loss or stillbirth, physical and emotional recovery.

- **Women’s Health Pregnancy Loss**  
  [https://www.womenshealth.gov/pregnancy/you-are-pregnant/pregnancy-loss.html](https://www.womenshealth.gov/pregnancy/you-are-pregnant/pregnancy-loss.html)  
  More information about why pregnancy loss happens, coping with loss and more resources are provided on this site from the Office on Women’s Health.

- **March of Dimes**  
  This national organization provides resources online and additional materials that you can request.

Books

  Parents’ questions about pregnancy loss are answered from both the medical and emotional point of view.

  Cohen, whose wife lost a pregnancy, researched why miscarriage can happen. Myths about pregnancy loss are dispelled.

For siblings (ages 4-8)

  Molly’s mother has a miscarriage. The book has an introduction for parents about how to explain pregnancy loss to young children.

  [www.centering.org](http://www.centering.org)  
  Workbook with blank spaces for children to draw or write. Each page has a prompt about the loss of the baby.

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Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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