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Sherwood Forest Hospitals
NHS Foundation Trust

Natural management of miscarriage

Information for patients and their partners



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We are sorry that you have experienced a miscarriage and appreciate this is a difficult time for you.

Miscarriage is very common in the first few weeks of pregnancy, when there is a lot of development taking place. In most cases we cannot tell you why you have had a miscarriage but we understand how sad this time is for you and your family.

Natural management of miscarriage is one way of managing your miscarriage, and involves letting nature take its course without medical intervention. This is a safe and effective option.

For miscarriage to occur successfully it is expected that you will bleed. The amount varies in every individual, but sometimes this can be heavy with clots and you may pass small bits of the pregnancy tissue. As we cannot predict how your miscarriage will take place, please be prepared for sudden or increase in your bleeding.

We cannot tell you how long a miscarriage takes to be complete as everyone is different. It may be over quite quickly, but can take up to three weeks for your miscarriage to be complete and the lining of your womb to return to normal.

Most patients will experience period-like cramps with the bleeding whilst miscarriage is taking place, along with back pain and a feeling of vaginal pressure. This can vary in intensity and regular simple pain relief such as paracetamol is advised .

It is advisable not to have sexual intercourse or use tampons whilst bleeding heavy, as this can increase your risk of infection.

It is up to you if you wish to continue working during the miscarriage, but many patients feel time at home helps to deal with this as the bleeding and pain can be unpredictable. Emotionally you may need this time at home, everyone deals with loss in their own way.

If at any point you are concerned about your pain and bleeding then please contact EPU/Ward 14. We are here to support you.

If you have no bleeding at all, it is unlikely miscarriage has occurred and at any point you can choose one of other options of management. After three weeks EPU staff will ring you and enquire on your wellbeing and to see if your pregnancy test has become negative.

If you have bled and your test is negative and the bleeding/ pain has settled, then we are confident that that you have had a complete miscarriage.

However, if your test is positive or you are still having problems, we will arrange a scan to see if further treatment needed.

Your next period can take up to six weeks after miscarriage to occur, but this does vary. Often this first period is a little heavier than normal.

Sex can be resumed when the bleeding has settled and you and your partner feel ready.

You may be ready to resume work within a few days. Physically recovery may be quite quick, but emotionally it can take longer and is very individual, and you may benefit from some time at home recovering and dealing with your loss in your own time.

Future pregnancies

If you wish to try for another baby, we suggest you wait for one normal period, but more importantly when you are physically and emotionally ready.

In most cases your future pregnancies will be successful and routine antenatal care will be needed.

Further information

If this is sadly your third miscarriage you can self-refer to our Rainbow clinic at seven weeks for an early scan and consultant review.

You may also ask your own doctor or the epu staff to refer you to a gynaecologist at the hospital to start investigations into recurrent miscarriage.

Useful contact details and information

Early Pregnancy Unit

Telephone: 01623 622515, extension 4288

Early pregnancy bereavement midwife

Telephone: 01623 622515, extension 3047

Ward 14

Telephone: 01623 622515, extension 2314

Snowdrops and Butterflies

This is our hospital support group for baby loss.

Online support and meetings:

[www.facebook.com/snowdrops and butterflies](https://www.facebook.com/snowdropsandbutterflies)

Telephone: 01623 622515, extension 3047 (Chaplaincy department)

The Miscarriage Association

Telephone: 01924 200799

www.miscarriageassociation.org.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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