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Outstanding Care



Sherwood Forest Hospitals  
NHS Foundation Trust

# Complete miscarriage

Information for patients and their partners



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

A complete miscarriage is when the miscarriage occurs naturally and none of the pregnancy has been left behind and therefore treatment is not required. This usually follows an episode of vaginal bleeding and abdominal cramps/ back pain. The amount of bleeding can vary from brown loss to heavy bleeding with clots, but normally settles.

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 and we understand how sad this time is for you and your family.

If your bleeding has settled and your pregnancy test is negative, then you may not need a scan as this will indicate that sadly you have had a miscarriage which is complete.

However, if your test is still positive, then you may have been offered a scan to check that your uterus is empty. Blood tests will confirm that the hormone level has fallen significantly to rule out a much earlier pregnancy or an ectopic pregnancy, even if the most likely outcome was thought to be a complete miscarriage, we have to be sure.

Usually a complete miscarriage requires no intervention and bleeding and pain will settle.

In most cases after your complete miscarriage has been confirmed, bleeding and period discomfort will settle over the following week or so, as the lining of the womb thins back to normal.

If your bleeding is excessive or prolonged or any loss is offensive then please seek advice from your own GP/ Early Pregnancy Unit (EPU).

## Follow up advice/ support

We advise that you avoid sexual intercourse or use of tampons which can increase your risk of infection whilst you are still bleeding.

You may require simple over the counter pain relief such as paracetamol.

EPU staff will ring you after approximately three weeks, unless otherwise instructed, to check your wellbeing. Please feel free to ring EPU/ward 14 at any time before this for any support.

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 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

## 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](http://www.miscarriageassociation.org.uk)**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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