



Just the word miscarriage makes many of us at least a little anxious. If you are pregnant, you should know the risk factors, what types of miscarriage there are and what you can do should you think you are experiencing any of the symptoms of miscarriage. First lets start with the types of miscarriage and what each term means.

- ❖ Threatened miscarriage – Any bleeding in during the first 20 weeks of pregnancy is a threatened miscarriage. 90% carry to viability if fetal heartbeat is seen or heard.
- ❖ Complete miscarriage – Miscarriage is the natural expulsion of the products of conception or fetus prior to viability or 500g.
- ❖ Incomplete miscarriage – all or part of the placenta is not expelled with the embryo or fetus.

Are you at risk for a miscarriage?

Many of the risk factors are uncontrollable. If you have risk factors that are controllable you should try to minimize those prior to becoming pregnant. Risk factors include: abnormal hormone levels, uterine anomalies, autoimmune disease, exposure to toxins, infections, and uncontrolled diabetes. One last risk factor is genetic abnormalities, which you have no control over. These make up 75% to 90% of all miscarriages.

What You May Experience & When to Call Your Provider

Threatened Miscarriage – You may feel lower back pain, cramping, bleeding that comes and goes, or spotting. You may consider taking it easy, focus energy on baby and placenta, 2000 IU Vitamin E daily (taper off after 2-3 weeks), 500mg Vitamin C daily, Herbal support with cramp bark, red raspberry leaves, false unicorn root, lobelia, black haw, wild yam root in the form of capsules, tinctures, or teas. Nutrition is very important. Though you cannot stop an inevitable miscarriage you can ensure that you are providing your body with as much support as possible. Have a support person with you. Fearing the possible loss of a pregnancy is hard and having someone with you for support can be very beneficial emotionally and physically should it progress to an actual miscarriage.

Complete Miscarriage – With a miscarriage you may experience many of the same symptoms as a threatened miscarriage. Some of the differences are bleeding heavy as a period, cramps, pain in lower pelvis, lower back pain, passing clots or products of conception. Your medical provider should be aware that you are experiencing these symptoms. After everything has passed bleeding slows and cramping becomes less and stop. Light bleeding may continue for a few days.

It is important to have a support person with you to assist you emotionally and be able to call for medical assistance if necessary. You or your support person should call for help if you experience very heavy bleeding such as filling more than 1 pad in an hour. You become pale, cold, dizzy, or confused. Miscarrying a pregnancy is a significant loss for some people and should be treated with emotional support. Physical recovery can take a few days to a week. If you have a negative blood type you should contact your medical provider to get appropriate treatment to protect future pregnancies. If you have had 3 or more sequential miscarriages further testing may be indicated.

Incomplete Miscarriage – You may think you have had a complete miscarriage but symptoms such as bleeding, cramping, and lower abdominal pain may continue and you may notice a foul smelling discharge. This is an indication that you may be experiencing an incomplete miscarriage. This requires medical assistance and you should contact your provider without hesitation. Your support person should help you watch for excessive bleeding, fever, paleness, dizziness, confusion, and chills. If you have a negative blood type you should contact your medical provider to get appropriate treatment to protect future pregnancies.

General Well-being – Your body will need additional nutritional support to recover from a miscarriage. Many things you are already read about in the *Threatened Miscarriage* section. Ensure you have adequate protein intake daily. You have experienced blood loss that must be reproduced. It takes protein to build new blood cells. Your body will also require lots of water. Half of your body weight in ounces daily is a good rule of thumb to follow. Be kind to yourself. Allow yourself to grieve your loss. Seek counseling if you think it could benefit you. Remember that everyone experiences grief differently. Just because your mother, sister, aunt, co-worker, or best friend didn't feel emotional after their pregnancy loss doesn't mean you shouldn't. Grief takes time and patience. There is no time limit. Seek help if you need it.

If you experience symptoms, which include bleeding of any kind, are painful, begin quickly, and are severe you should go to the nearest emergency room for quick diagnosis and treatment!



References

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