







hello

Firstly, we are so very sorry for your loss and that you are having to experience this heartbreak. You have probably barely had time to process the news you've just received, so take all the time you need, be kind to yourself and when you are ready, we are here to help.

The Pink Elephants Support Network is a not-for-profit group who have been where you are and understand what you're going through. Our aim is to be there for all women who are experiencing miscarriage and pregnancy loss, to support you through your grief, nurture you as you heal and empower you as you move beyond. At this time however, our primary concern is ensuring that you don't feel alone and unsupported, unsure of where to go or what to do next.

Our website is a hub of information and support which we encourage you to visit and explore. We have created some useful resources that are available on our site, which may be helpful for you as you navigate the next few weeks or even months.

www.pinkelephants.org.au

You can also find us on Facebook. We invite you to come and join us there and become part of our community. Miscarriage is an individual journey but one that should not be walked alone.

Take care.

The Pink Elephants Support Network







Treating Miscarriage



If a miscarriage has begun, there is nothing that can be done to stop it. Any treatment you have will be aimed at avoiding heavy bleeding and infection. A discussion with your doctor or nurse will help you to work out which treatment options are best and safest for you.



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If you have just discovered that you've miscarried you are probably feeling emotional and overwhelmed. Here is some information to help you know what to expect.



Expectant miscarriage

No treatment (expectant management) - You can choose to wait and see what will happen. If nothing is done, sooner or later the pregnancy tissue will pass naturally. If it is an incomplete miscarriage (where some but not all pregnancy tissue has passed) it will often happen within days, but for a missed miscarriage (where the fetus or embryo has stopped growing but no tissue has passed) it might take as long as three to four weeks.



Treatment with medicine

Medication is available that can speed up the process of passing the pregnancy tissue. For an incomplete miscarriage, the medicine will usually encourage the pregnancy tissue to pass within a few hours.



1-2 days

Surgical treatment - D&C

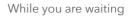
If the tissue does not pass naturally or you have signs of infection, the doctor will recommend a dilatation and curettage (D&C). It is done in an operating theatre, usually under general anesthetic. There is no cutting involved because the surgery happens through the vagina. The cervix (neck of the uterus) is gently opened and the remaining pregnancy tissue is removed so that the uterus is empty.

5-10 minute procedure, 4-5 hours in hospital



Waiting for treatment

If you have heavy bleeding with clots and crampy pain, it is likely that you are passing the pregnancy tissue. The bleeding, clots and pain will usually settle when most of the pregnancy tissue has been passed. Sometimes the bleeding will continue to be heavy and you may need further treatment.



You can try to rest and relax at home. Usual activity that is not too strenuous will not be harmful. You can go to work if you feel up to it. If you have pain you can take paracetamol. If there is bleeding, use sanitary pads rather than tampons.





- increased bleeding, for instance soaking two pads per hour and/or passing golf ball sized clots • severe abdominal pain or shoulder pain • fever or chills • dizziness or fainting
- vaginal discharge that smells unpleasant diarrhoea or pain when you open your bowels.



Follow ups

See a GP (local doctor) in four to six weeks for a check-up. See a doctor or attend a hospital emergency department if you have strong pain and bleeding (stronger than period pain), abnormal discharge, (especially if it is smelly), or fever. These symptoms may mean that you have an infection or that tissue has been left behind.



After a miscarriage

It is usual to have pain and bleeding after a miscarriage. It will feel similar to a period and will usually stop within two weeks. You can take ordinary painkillers for the pain. Your next period will usually come four to six weeks after a miscarriage. Try and avoid vaginal sex until the bleeding stops and you feel comfortable. Use sanitary pads until the bleeding stops (do not use tampons).

All contraceptive methods are safe after a miscarriage.

More information & resources available at pinkelephantssupport.com

This information does NOT replace your Healthcare Professional's advice.

Please seek Medical advice if you have any concerns. Please discuss all the options with your Healthcare Professional.

Visit our website to find information and resources www.pinkelephants.org.au



Our website has been designed to allow you to navigate to information dependent on where you are at on your miscarriage journey.

Find a selection of downloadable resources online at pinkelephants.org.au









You can also reach out to us on Facebook or follow us on Instagram. Our online communities are a safe haven of understanding and support. Know that you are not alone.

We provide this information on the understanding that all persons accessing it take responsibility for assessing its relevance and accuracy. Women are encouraged to discuss their health needs with a Healthcare Professional. If you have concerns about your health, you should seek advice from your Healthcare Professional or if you require urgent care you should go to the nearest hospital Emergency Department. The Pink Elephants Support Network, Sept 2017. © Copyright The Pink Elephants Support Network, 2017. All rights reserved. PESN0024