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Miscarriage tissue collection procedure

Instructions for at home collection of miscarriage tissue

We are sorry that you are miscarrying and suffering this loss.

If you're experiencing a miscarriage at home and you are in a situation where you can collect the products that were miscarried, your doctor may want to perform additional tests, including chromosome testing, on this sample. When you have a miscarriage, the fetus, amniotic sac, and placenta, along with a large amount of blood, will be expelled. If you are less than 8 weeks pregnant when the miscarriage occurs, the expelled tissue will look no different from heavy menstrual bleeding. If you have reached 8 to 10 weeks, more tissue will be expelled which can resemble large blood clots, possibly some pinkish/grayish material, or even a discernable sac.

The sample should be collected in a sterile, or near as clean as can be, container. This container can be a brand new Ziploc bag, plastic container (like Tupperware) or a specimen cup. It may be helpful to use a medical basin or a colander under the toilet seat to catch the products. If the tissue falls into the toilet you can remove it and place it into the container.

If you know you are going to have a miscarriage the office can supply you with a specimen cup in which to place the sample. You may have already received this kit from your doctor's office. If you are unable to bring the miscarriage sample into your doctor's office immediately, store the sample in the refrigerator (not freezer) to preserve the tissue.

It is important to remember, there is nothing you can do to prevent a miscarriage, and you did not cause this miscarriage to happen. Chromosome testing after a miscarriage may provide you with more information about the cause of your loss. Please discuss this option with your physician.