



ROCKY MOUNTAIN FERTILITY CENTER
9235 CROWN CREST BLVD. SUITE 250
PARKER, COLORADO 80138
303-999-3877

MISCARRIAGE CARE

WHAT YOU NEED TO KNOW:

A spontaneous miscarriage is the loss of an unborn baby within the first 20 weeks of pregnancy.

Call the office if:

- You have foul-smelling drainage coming from your vagina.
- You have heavy vaginal bleeding (soaking 1 pad or more each hour).
- You have a fever over 100.5 degrees Fahrenheit
- You have severe abdominal pain.
- You have questions or concerns about your condition

Self-care:

- **Use sanitary pads if needed.** You may have light bleeding and then spotting for up to 12 weeks. Do not use tampons, until all passage of tissue has stopped. This will help prevent a vaginal infection.
- **Rest as needed.** Slowly start to do more each day. Return to your daily activities as directed.
- **You may have sex when you feel ready.** Stop if it causes pain. If you do not want to get pregnant again, make sure to use condoms.
- **Emotional support can help you manage your feelings.** A miscarriage may be difficult emotionally. You may feel grief for the loss. You may feel angry or blame yourself, even if there was no known cause. It may be helpful to talk to a friend, family member, or counselor about your feelings. You may also feel worried that you could have another miscarriage. Talk to your doctor about your concerns. She may be able to help you take steps to reduce the risk of another miscarriage. If you have had 2 or more miscarriages please set up an appointment to discuss an evaluation for recurrent pregnancy loss.