



A guide to...

Expectant management of miscarriage

Patient information

How to contact us

Gynaecology Department
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire, WD18 0HB
01923 244 366

If you need this leaflet in another language, large print, Braille or audio version,
please call **01923 217 198** or email westherts.pals@nhs.net



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We are sorry that you have had a miscarriage. A miscarriage can be a very distressing experience. We understand that it may be difficult to take in all the information we give you at the time when you have been given bad news, so we have prepared this leaflet for you to take away. We hope it is of help.

Introduction

You have been given an explanation about the choice available to you, regarding the management of your miscarriage. This leaflet is designed to inform you of what to expect over the next few days to weeks with expectant management.

Making Your Decision

You can change your mind at any point, as no decision is final, it may be your choice to opt out of expectant treatment and you can do this at any time. It may also become medically necessary to perform an operation (surgical management of miscarriage) if there is excessive bleeding or an incomplete miscarriage.

What to Expect

It is likely that if you are not already experiencing some bleeding, that this will occur over the following days and will progress. You should expect the bleeding to be in most cases heavier than your normal period and you may pass clots which may be large (egg yolk sized and possibly larger). If you find that you have to change your sanitary protection every 30 minutes or you cannot leave the toilet, please contact us (Gynae Day Assessment Unit or Elizabeth ward) or go to A&E. The bleeding may be accompanied with crampy lower abdominal pain, like period pains, this tends to be short lived and associated with the period associated with the heavy blood loss. Please take simple analgesics such as paracetamol, paracetamol extra or Ibuprofen, which should give some relief.

After Care

You will be asked to repeat a pregnancy test after 3 weeks, if it is still positive, you will be asked to attend the early pregnancy unit for a repeat scan. If this confirms that the miscarriage process is incomplete, you will be offered surgery or medication. You may experience bleeding for up to 3 weeks and your next period may be arrive slightly out of sync and may be heavier than usual. It may take around two cycles for your periods to return to normal.

Contacts

Gynaecology Day Assessment Unit: Tel: 01923 217 344

Elizabeth ward: Tel: 01923 217 902

Early Pregnancy Unit Appointments: Tel: 01923 217 831

The Miscarriage Association: Tel: 01924 200799 (helpline)

www.miscarriageassociation.org.uk

The Association of Early Pregnancy Units:

www.earlypregnancy.org.uk