

AFTER YOUR PREGNANCY LOSS: WHAT TO EXPECT

Emotional Support

- Allow time for the grieving process and make sure you have good support when you arrive home
- The nursing staff in EPAS (Early Pregnancy Assessment Service) would like to hear from you if you are feeling very sad or anxious, if you are having difficulty sleeping or if you have difficulty performing normal day to day tasks

Bleeding:

- You may have bleeding for up to 4 weeks after your miscarriage but it often will stop before then
- Bleeding may be heavy for the first 3-4 days with the passage of small clots. Bleeding will slow over the next several days
- If you are experiencing heavy bleeding (soaking maternity pads each hour for >2 hours), feel dizzy or faint, you must go to your local Emergency Department for assessment. During business hours call EPAS at your local hospital

Pain:

- Some mild pelvic cramping may be experienced in the first 3-4 days
- If you are experiencing increased levels of pain, fevers or shaking, or offensive vaginal discharge – this may be due to infection and you need to call your local Emergency Department for assessment. During business hours call your local EPAS for advice

Other information

- A discharge letter will be sent to your GP to let them know what has happened
- A follow up appointment may be organized in EPAS approximately 1 - 2 weeks later to check how you are and discuss any concerns you may have.
- We recommend you follow up with your GP 4-6 weeks after your last EPAS appointment

Early Pregnancy Assessment Service
John Hunter Hospital
Mon – Fri 7.30 am – 3pm
(02) 49855031

Early Pregnancy Assessment Service
Maitland Hospital
Mon – Fri 8.30 am – 12pm
(02) 0448 990456