

Additional Notes

Medical management of your miscarriage

(incomplete miscarriage)

To read this leaflet in a different language, please visit our website:
www.uhd.nhs.uk/visit/patient-information-leaflets and use the language
and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team
on **0300 019 8499** or email **patientexperienceteam@uhd.nhs.uk**.

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Author: **Christina Baker** Date: **March 2025** Version: **Two**

Review date: **March 2028** Ref: **036/24**

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Early Pregnancy Assessment Unit
Patient information

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We are sorry that you are having a miscarriage. We hope this leaflet gives you the information you need about managing your miscarriage with medicine.

You should read this with the 'management of miscarriage' leaflet by The Miscarriage Association. This will give information about all your options.

We know this is a very difficult time for you. We want to support you in the best way we can.

What is an incomplete miscarriage?

This is where your body has already started the miscarriage process. Part of the pregnancy tissue may have passed. Medicine will be given to help complete the process. You may still be having symptoms such as heavy bleeding and pain.

Your early pregnancy team will have discussed the options for managing your miscarriage. This leaflet will give you more information regarding managing an incomplete miscarriage with medicine.

Contact details

UHD Early Pregnancy Unit

Monday - Friday 8am-4pm

Tel: **0300 019 5713**

Counselling support

There is a counselling service and the SPRING support charity which offers support through any loss in pregnancy. You can contact them directly.

Counselling service

Call **0300 019 8752**

or email **maternity.counsellors@uhd.nhs.uk**

SPRING support charity

Call **0300 019 8084**

or visit **www.springsupport.org.uk**

The Miscarriage Association

www.miscarriageassociation.org.uk

What can you expect?

Contractions caused by the tablets can be very painful. They can be like labour pain. As your womb expels the pregnancy, you will experience bleeding. This will likely be heavier than your periods and you can pass clots. You may need extra-absorbent pads. These symptoms should slowly stop. Bleeding will be heaviest for the first few days and should settle completely within two to three weeks.

You may also see the pregnancy. This can look quite different from what you expected.

Other symptoms that you may experience include nausea, fever, diarrhoea, dizziness, and vomiting.

Your early pregnancy team will provide you with strong pain relief and anti-sickness medicine to help you.

Contact the early pregnancy unit if you are worried about the symptoms you are having. Out of hours, get in touch with your GP out-of-hours service or attend your nearest emergency department.

What are the risks?

1% of women may need emergency surgery if there is uncontrollable bleeding. This risk is the same as not taking any medicine at all (expectant management). There is also a small risk of infection (1-4%). If you have a fever or feel unwell, please contact your early pregnancy unit, your GP, or go to the emergency department. This could prompt surgical management.

Medical management of miscarriage is effective in up to 9 out of 10 women. Some women may still end up having surgery.

Avoid having hot baths while you are bleeding heavily as these can make you feel faint.

What to do after the miscarriage process?

You should feel physically better once the miscarriage process is over.

You are advised to take a pregnancy test after three weeks. If this is positive and/or you are still experiencing symptoms such as heavy bleeding or pain, please contact your early pregnancy unit. You may need further tests and/or treatments.

Below are the contact details of our early pregnancy units. Please contact them if you have any questions or concerns. There are also some other links you might find useful.

What does it involve?

You will be given four tablets called misoprostol. You will be given the tablets to take yourself at home. Place all four tablets together either under your tongue or insert them into your vagina.

If you decide to put them under your tongue, let them dissolve for 30 minutes. Afterwards, you can swallow them with water if they have not fully dissolved.

The tablets will stimulate your cervix to dilate (open). Your womb will then contract to push out the pregnancy. The effects of misoprostol normally take place after two hours, but this can vary.

Contact your early pregnancy unit if you have not had bleeding after 48 hours. You will likely need a further dose of misoprostol. If the second dose still does not work after another 48 hours, contact your early pregnancy unit again. They will discuss your options with you. You may need to think about surgical management. You will be given more information about surgical management if needed.