

Physical Recovery After Your Early Pregnancy Loss

How can I manage pain during my recovery?

It is normal to experience abdominal cramps similar to period cramps during your recovery. To manage your pain, use a heating pad, take pain medication as directed, and limit physical activity and heavy lifting.

What should I do for bleeding?

It is normal to have light bleeding or small clots of blood from the vagina. Bleeding may last for up to 6 weeks following your procedure. It is also normal to experience little to no bleeding. Use maxi pads while you recover.

Your next period:

If you begin a birth control method following your procedure, it will affect when you can expect your next period. Ask your doctor what to expect with your method. If you are not using a birth control method, you can expect your period within 8 weeks of your procedure. You can become pregnant as early as 2 weeks following the procedure.

What can I expect when I go home?

- Pain (backache or cramps like period cramps)
- Bleeding within normal range described.
- You may feel very sad, and you may cry. This is normal.
 - Talking with friends, family, or a counselor about your feelings is often helpful.
 - If you can't get out of bed or take care of yourself, call your doctor or midwife.

What should I know about keeping myself clean?

- Wear pads when needed and change them often.
- Do not use tampons or douches for 2 weeks.

Should I limit my activity?

You may or may not feel ready to resume your normal activities after your procedure and you should do what is comfortable for you. There are no restrictions in terms of standing, lifting or physical activity and you can use your judgement about when to resume those activities.

What can I eat?

- Eat the same food that you usually eat.
- Drink plenty of water and keep your bladder empty.

Should I continue taking my prescribed medications?

Take medications as prescribed. Please review the After Visit Summary for details.

When do I need to follow-up?

Your provider will give you instructions about whether a follow-up appointment is necessary. If you need an appointment, you may call your provider's office to schedule.

When should I call for help?

Call 911 if you have any of the following:

- Lost consciousness (pass out)
- Severe trouble breathing
- Chest pain
- Shortness of breath
- You cough up blood

Call Triage if you have any of the following concerns:

- Fever of 100.4 degrees Fahrenheit or higher
- Abdominal pain or cramps that do not improve with medication
- Vaginal bleeding that soaks more than one large maxi pad in less than an hour
- You do not get a period within 8 weeks of your procedure and you are **not** using a birth control method
- Bad smelling discharge

- Severe vomiting, and are unable to eat or drink
- General body aches or chills
- Blood clots larger than a golf ball
- Dizziness or general ill feeling

What is the contact information?

- For appointment-related questions, call your provider or the women’s clinic at Von Voigtlander at (734) 763-6295.
- For medical questions or the concerns listed above, call Triage at (734) 764-8134.

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