



VON VOIGTLANDER  
WOMEN'S HOSPITAL  
UNIVERSITY OF MICHIGAN HEALTH

# Your Period and Pregnancy Loss

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After a loss, many birthing people and couples have questions about the loss and when it is okay to try to get pregnant again. For questions about your pregnancy loss, the timing of the next pregnancy, and preventing pregnancy, talk with your healthcare provider.

## **What will my period be like after a pregnancy loss?**

Compared to your normal periods (monthly menstrual bleeding cycles), your first period after a pregnancy loss will likely be different in timing and the amount of bleeding.

- Generally, it can take 2-6 weeks for your period to return after a loss of pregnancy.
- Your first period after a pregnancy loss might be heavier, more uncomfortable with cramps, or last longer than your normal cycles.
- You can take over-the-counter pain medications, such as acetaminophen (Tylenol®) and ibuprofen (Motrin®) to manage your discomfort.
- If your bleeding lasts longer than 8-10 days, or if you are experiencing very heavy bleeding or severe or sharp pain, please talk with your OBGYN provider.
- If your period has not returned within 2 months after a pregnancy loss, contact your healthcare provider.

## **How can I prevent pregnancy prevention after a loss?**

If you do not want to get pregnant again right after your pregnancy loss, talk with your healthcare provider about your options for preventing pregnancy.

- It is possible to become pregnant again within 2 weeks after a loss.

- Some pregnancy prevention methods can affect the regular timing of your periods. Barrier methods for pregnancy prevention (like internal or external condoms) will not change the timing of your cycle.

If you would like more information, or if you have other questions, please contact your healthcare provider.

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