PREGNANCY LOSS MANAGEMENT

Once pregnancy loss has been definitively diagnosed, it is important that all of the pregnancy tissue is cleared from your uterus. There are three options that may be discussed with you by your provider.

EXPECTANT MANAGEMENT

This is the "waiting" option. Sometimes it is recommended to give time for the miscarriage to happen naturally. This method is not predictable, especially if the miscarriage process has not yet begun. It may take days, or even 3-4 weeks, for your body to expel the pregnancy tissue. Your provider will help you decide how long it is appropriate to wait. Sometimes contractions of the uterus do not start on their own and one of the other options may become necessary. *This is usually an emotional time...*

MEDICAL MANAGEMENT

Medication can be prescribed by your provider to facilitate starting the miscarriage process. Misoprostol (Cytotec) is placed into the vagina and causes the uterus to contract and pass the pregnancy through the cervix. This process is similar to natural miscarriage and may cause heavy vaginal bleeding, passage of clots, and significant cramping and discomfort.

DILATION AND CURETTAGE (D&C)

D&C (also sometimes called D&E or Dilation and Evacuation) is a surgical procedure. Anesthesia is administered and then the cervix is dilated in order to gently remove tissue from the lining of the uterus.

This is an outpatient procedure done at the hospital. You may experience cramping for the first day or two after the procedure. Bleeding is usually lighter and shorter duration after a D&C.

D&C may be the best option if:

• Bleeding becomes excessive

• If tissue needs to be examined

• If you are further along in pregnancy

All pregnancy tissue is handled respectfully and is transferred to a mausoleum. If you desire to make your own arrangements, please let your provider know.

This information is meant to give basic explanations of options. Some of these may not be appropriate for your circumstances. Your provider will provide guidance to assist in deciding the best option for you.

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