



MISCARRIAGE
ASSOCIATION

The knowledge to help

Management of miscarriage: your options

Need to talk to someone who understands?

Call our support line on 01924 200799. Monday to Friday, 9am-4pm

Or email info@miscarriageassociation.org.uk

If you're reading this leaflet, you are probably dealing with a miscarriage right now – or supporting someone else through the process. You may be facing difficult choices at a difficult and distressing time; or you may be trying to find out more about what has happened already.

Whatever your situation, we hope you will find this leaflet helpful.

We have separate leaflets on the management of ectopic and molar pregnancy (see page 15).

What this leaflet is about

In some miscarriages the uterus (womb) empties itself completely. But in others an ultrasound scan shows that the baby has died or not developed but has not been miscarried. This leaflet describes the different ways these kinds of miscarriages can be managed. It also explains some of the medical language you might hear or read.

Understanding the medical language

Doctors have different ways of describing miscarriages where the uterus does not empty itself completely. The main terms used are:

Missed miscarriage (also called 'delayed' or 'silent' miscarriage)

This is where the baby has died or failed to develop but is still in your uterus. You might have had no idea that anything was wrong until a routine scan. You may still feel pregnant and have a positive pregnancy test.

Blighted ovum (also called 'early embryo loss' or 'missed' or 'delayed' miscarriage)

This is where an ultrasound scan shows a pregnancy sac with nothing inside. This is usually because the fertilised egg hasn't developed normally so the pregnancy sac grows but the baby doesn't. Sometimes the baby stops developing at such an early stage that it is absorbed back into the surrounding tissue. As with a missed miscarriage, you may still feel pregnant.

Incomplete miscarriage

This is where some but not all of the pregnancy tissue is miscarried. You may still have pain and heavy bleeding.

Methods of management

In all the situations described above, a full miscarriage will happen naturally in time and some women choose this option. But the process can be speeded up, or 'managed' by medical treatment (drugs) or surgery (an operation). If you choose to have one of these treatments, you may be asked to wait for a week or more for a second scan to make sure the pregnancy has ended before treatment begins.

Ideally you should be able to choose what treatment to have and be given information to guide your decision. You may find it easy or difficult to make a decision depending on your situation. Unless you need emergency treatment, you should be given time to choose the right way forward for you.

It may help to know that research¹ comparing natural, medical and surgical management found that:

- the risks of infection or other harm are very small with all three methods;
- your chances of having a healthy pregnancy next time are equally good whichever method you choose;
- women cope better when given clear information, good support and a choice of management methods.

We hope the information that follows will help you to understand the different options better and make it easier to decide.

“ I was told I had a missed miscarriage and was then sent home to think about the various options. I went to see my GP who was very helpful and explained that the choice was mine and all options were right. ”

Natural management (also called ‘expectant’ or ‘conservative’ management): letting nature take its course

Some women prefer to wait and let the miscarriage happen naturally. Doctors often recommend this, especially in the first eight or nine weeks of pregnancy. National (NICE) guidance² also states that natural management should be the first method to consider. However, your choice will be important in deciding the best and safest option for you.

What happens?

This can vary a lot depending on the size of the pregnancy and the findings of the ultrasound scan. It can take anything from days to weeks before the miscarriage begins. Once it does, you are likely to have strong period-like cramps and bleeding. The bleeding may go on for 2-3 weeks; or the small pregnancy sac in the womb may be reabsorbed without much bleeding at all. It can be very difficult to predict exactly what will happen and when.

You will probably be asked to visit or contact the hospital over the next few weeks. You may be offered a scan to check whether the uterus has emptied.

“I decided to wait for things to happen naturally as I wanted to keep control of what was happening to me, as much as you can...”

Or you may be asked to do a pregnancy test at home and come back only if it is still positive after 2-3 weeks. At this point you may be offered medical or surgical management.

Does it hurt?

Most women have period-like cramps that can be extremely painful, especially when the pregnancy tissue is being pushed out. This is because the uterus is tightly squeezing to push its contents out, much like it does in labour.

You are also likely to bleed very heavily and pass clots. These can be as big as the palm of your hand. You may see the pregnancy sac, which might look different from what you expected. You may – especially after 10 weeks – see an intact fetus that looks like a tiny baby. The hospital team should prepare you for what to expect and advise you about pain relief.

“I had small cramps, which I had been having for some time and then severe period cramps. The pain was uncomfortable but in my experience you soon forget that and in the scheme of what has happened to you, it is not the worst thing.”

What are the risks?

Infection

This affects about 1 woman in every 100, so some hospitals give antibiotics routinely to prevent it. Signs include:

- a raised temperature and flu-like symptoms
- vaginal discharge that looks or smells bad
- abdominal pain that gets worse rather than better
- bleeding that gets heavier rather than lighter.

Treatment is with antibiotics. You may need an operation to remove any remaining pregnancy tissue.

You will probably be advised to use pads rather than tampons for the bleeding and not to have sex until it has stopped.

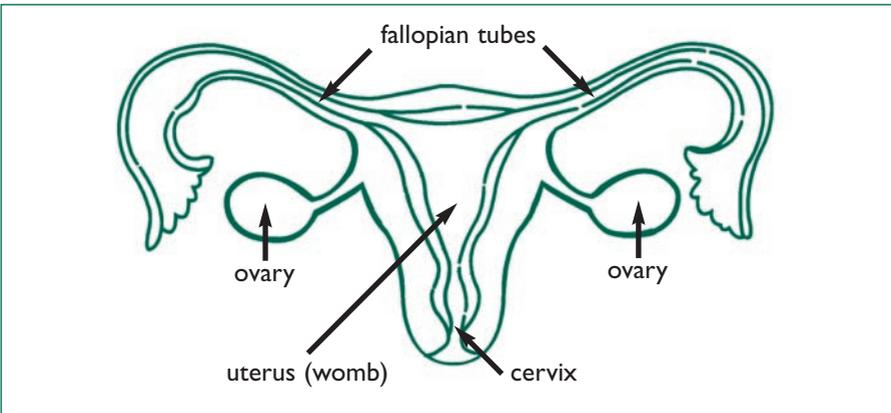
Haemorrhage (extremely heavy bleeding)

About 2 in 100 women have bleeding bad enough to need a blood transfusion. Some of them need emergency surgery to stop the bleeding. If you are bleeding very heavily – or feel otherwise unwell or unable to cope – it may be best to contact the hospital where you were treated or your nearest Accident & Emergency Department.

Retained tissue

Sometimes a natural miscarriage doesn't complete itself properly – even after a few weeks – and some pregnancy tissue remains in the uterus. You may need an operation to remove it.

In rare cases, pregnancy tissue gets stuck in the cervix (neck of the uterus¹) and needs to be removed during a vaginal examination. This can be very painful and distressing.



¹ The cervix is a cone-shaped passageway, about an inch long, that connects the vagina and the uterus (womb). It is normally closed, but dilates (opens) during labour. It may also dilate naturally during miscarriage.

What are the benefits?

The main benefit is avoiding hospital treatment. You may want your miscarriage to be as natural as possible and to be fully aware of what is happening. You may also find it easier to say goodbye to the pregnancy if you see the tissue and maybe the fetus as it passes. You may still want advice, though, on what to do with the remains of your baby (see *After the miscarriage* on page 14).

If you choose natural management, it may help to know that you can change your mind at any stage and ask to have medical or surgical management.

“After my second missed miscarriage I opted to let nature take its course. It took two weeks until I had a miscarriage and although those weeks were very difficult, I found that I managed to accept the situation much quicker than previously. I also found my body got back to normal in a much shorter period of time.”

And the disadvantages?

- You may find it difficult not knowing when or where the miscarriage might happen. This can take anything from days to weeks. You may worry about starting to bleed heavily in public when you are least prepared – although wearing sanitary pads as a precaution can help;
- You may be anxious about how you will cope with pain and bleeding, especially if you are not within easy reach of a hospital;
- You may be frightened about seeing the remains of your baby;
- You may find it upsetting or inconvenient to have follow-up scans or blood tests to check on progress – although some women find this reassuring;
- You might be too upset to wait for the miscarriage to happen naturally once you know your baby has died.

Be prepared

If you decide to manage the miscarriage naturally, being prepared with sanitary pads, pain-killers and emergency contact numbers can help you cope with what happens. You may want to make sure you have people on hand to support you.

Medical management

This means treatment with pills and/or vaginal tablets (pessaries) to start or speed up the process of a missed or incomplete miscarriage. Not all hospitals offer this option and it isn't suitable for women with some health problems, including severe asthma or anaemia.

What happens?

The exact form of treatment your hospital offers will vary according to local practice and your type of miscarriage. And you may be treated as an in-patient or out-patient – again, this differs from hospital to hospital.

You may start with tablets to help break down the lining of the uterus, then be asked to come back two days later for the next stage of treatment. A small number of women miscarry after the first stage.

The 2012 NICE guidance notes that the first stage tablets may not be necessary, so you may go straight on to the second stage: tablets or pessaries to make your uterus contract and push out the pregnancy tissue. These are usually inserted into the vagina. You may have this treatment in hospital or be given the medication to use at home.

The medication may make you feel sick and can cause diarrhoea and flu-like symptoms.

You may need more than one dose of this medication before the miscarriage happens. If you are taking it at home you should also be given pain relief, along with emergency contact numbers to use in case of problems.

Your first period after the miscarriage may be heavier than usual.

Does it hurt?

Most women have period-like cramps that can be extremely painful, especially when the pregnancy tissue is being pushed out. This is because the uterus is tightly squeezing to push its contents out, much like it does in labour. You are also likely to bleed very heavily – more than with a normal period – and pass clots. These can be as big as the palm of your hand. You may need to use extra-absorbent pads, possibly even more than one.

You may see the pregnancy sac, which might look different from what you expected. You may – especially after 10 weeks – see an intact fetus that looks like a tiny baby.

The hospital team should prepare you for what to expect. They should make sure you have strong pain relief. They may offer anti-sickness medication too.

What are the risks?

Infection affects about 1-4 women in every 100. Haemorrhage affects about 2 in 100 – the same as for natural miscarriage (see page 6).

Medical management is effective in 80-90 per cent of cases. If it is not, or if you have an infection, you may be advised to have surgical management to complete the miscarriage.

What are the benefits?

The main benefit is avoiding an operation and the anaesthetic (general or local) that goes with it.

Some women see medical management as more natural than having an operation, but more controllable than waiting for nature to take its course.

As with natural management, you may prefer to be fully aware of what is happening, to see the pregnancy tissue and maybe the fetus.

“I felt I needed to go through the process to get closure. I was lucky not to experience too much pain although I was regularly offered pain relief. The hospital gave me a side room and my husband stayed with me throughout.”

And the disadvantages?

- You may find the process painful and frightening, although good information about what to expect can help;
- You may be anxious about how you will cope with pain and bleeding, especially if you are not in hospital at the time;
- You may be frightened about seeing the remains of your baby;
- Bleeding can continue for up to three weeks after the treatment and you may need several follow-up scans to check on progress;
- Some women end up having an operation anyway.

“I was told it would be like a heavy period with cramps and may go on longer than usual. Because I had never had a miscarriage before, I did not know what to expect. I was unable to cope with the pain and needed strong pain-killers.”

Surgical management of miscarriage: SMM

This is an operation to remove the pregnancy tissue. It is usually done under general anaesthetic which puts you to sleep. But in some hospitals it can also be done under local anaesthetic, when you stay awake.

SMM under general anaesthetic

This used to be called called ERPC or ERPoC, which stands for Evacuation of Retained Products of Conception. You might hear it called it a D & C, which means dilatation and curettage; but that is a slightly different procedure, usually carried out for women with period problems. Both of these terms are still used occasionally.

What happens?

The cervix (neck of the uterus) is dilated (stretched) gradually. This is usually done under anaesthetic but you might be given pills or vaginal pessaries before the operation to soften the cervix. A narrow suction tube is then inserted into the uterus to remove the remaining pregnancy tissue. This takes about 5-10 minutes.

A sample of the tissue removed is usually sent to the pathology department to check that it is normal pregnancy tissue. It is not usually tested further unless you are having investigations after recurrent miscarriage.

Does it hurt?

If you are given tablets or vaginal pessaries before the operation, you may have cramping pain and perhaps some bleeding as the cervix opens. Having a general anaesthetic means you will not feel anything during the operation itself; and there are no cuts or stitches.

You may have some abdominal cramps (like strong period pain) when you wake up and for a few days afterwards.

You may bleed for up to 2-3 weeks after the operation. Bleeding may stop and start but should gradually tail off. If it stays heavy, gets heavier than a period or makes you worried, it is best to contact your GP or the hospital.

“I only bled for a short time after the operation (about 4-5 days like a period). I only had mild aching and soreness the next morning.”

What are the risks?

- About 2-3 women in every hundred get an infection. For signs of infection and treatment, see under 'natural miscarriage', on page 6;
- Rarely – less than 1 in 200 cases – the operation can perforate (tear) the uterus; damage to other organs is rarer still;
- Haemorrhage (extremely heavy bleeding) and scarring (adhesions) on the lining of the uterus are also rare – less than 1 in 200;
- Very occasionally some pregnancy tissue remains in the uterus and a second operation is needed to remove it;
- Very rarely, the general anaesthetic can cause a severe allergic reaction (about 1 in 10,000 cases) or even death (fewer than 1 in 100,000 cases);
- Very rarely (less than 1 in 30,000 cases) it can result in a hysterectomy; this would only be if there is uncontrollable bleeding or severe damage to the uterus.

What are the benefits?

With surgical management you know when the miscarriage will happen and can plan around that. With a general anaesthetic you won't be aware of what's going on.

It may be a relief when the miscarriage is 'over and done with' and you can move on.

And the disadvantages?

Some women are frightened of anaesthetics, surgery and staying in hospital. Some prefer to let nature take its course and to remain aware of the miscarriage process.

The anaesthetic might make you feel groggy or unwell for a few days.

Some women refuse surgery because they worry that the diagnosis might be wrong and their baby is still alive. If this is your concern, don't be afraid to ask for another scan just to be sure.

“When I was told I had lost the baby I just wanted it to be all over as soon as possible. I was booked in immediately and had the op the following day. I was treated with great kindness and informed all the way along of what would be happening. I recovered physically within a couple of weeks.”

SMM under local anaesthetic

This is also sometimes called MVA, which stands for Manual Vacuum Aspiration. It may be carried out in a hospital ward, a day surgery unit or an out-patient clinic.

What happens?

You may be given tablets or vaginal pessaries before the operation to soften the cervix, along with pain relief. A local anaesthetic is injected into your cervix, or the cervix may be numbed with a gel and the cervix is then dilated (stretched) gradually. A narrow suction tube is then inserted into the uterus to remove the remaining pregnancy tissue. You will be offered further pain relief during the procedure and may have a scan afterwards.

This all takes about 10 minutes. Afterwards you will probably be advised to wait for an hour or two to make sure you are well enough to go home.

As with SMM under general anaesthetic, a sample of the tissue removed may be tested afterwards to check that it is normal pregnancy tissue.

Does it hurt?

If you are given tablets or vaginal pessaries before the operation, you might feel pain as the cervix opens. Most women have cramps (like strong period pains) as the pregnancy remains are removed. But you will be given painkillers and/or nitrous oxide ('gas and air') if necessary and the pain probably won't last long.

You may have some light vaginal bleeding afterwards. If it becomes heavy, it is best to contact the team that treated you.

Are there any risks?

These are mostly the same as for SMM under general anaesthetic. There is a very small risk of having a reaction to the local anaesthetic.

“ I had the surgery done under local anaesthetic (just with gas and air). It was painful, but very quick. The actual removal took less than 5 minutes and just happened on the ward. Within an hour I walked home with my husband (though I am sure they expect you to be driven home), bleeding only a little bit and in no pain (just feeling empty). ”

What are the benefits?

As with SMM with general anaesthetic, you will know when the miscarriage will happen and may then feel you can move on. The procedure is quick and you will recover more quickly than from a general anaesthetic.

You may actually prefer to be awake and aware of what is happening.

And the disadvantages?

Some women prefer not to be aware of the process of miscarrying. And you may worry about coping with pain or anxiety.

“ I was worried about whether the MVA would be painful, but the consultant talked to me all the way through, which was very reassuring. It only hurt for a few minutes and I felt in control of the pain and what was going on. The pain and bleeding stopped very quickly afterwards and the next morning I felt fine. ”

After the miscarriage

In hospital

When a baby dies before 24 weeks of pregnancy, there is no legal requirement to have a burial or cremation. Even so, most hospitals have sensitive disposal policies and your baby may be buried or cremated, perhaps along with the remains of other miscarried babies. Some hospitals treat the remains of an early loss as clinical waste, which is sent for incineration, but this is changing.

If you want to find out about what happens at your hospital, you could ask a nurse or midwife on the ward or unit where you are or were cared for. The hospital chaplain, the hospital bereavement service or the PALS (Patient Advice and Liaison) officer may be able to provide further information or advice.

Even if you miscarry in hospital, you may want to make your own arrangements for burying or cremating the remains of your baby. You can do this through a funeral director or carry out your own burial at home.

There are a few things to think about and you may want to contact the Miscarriage Association for further information.

At home

If you miscarry at home or somewhere else outside a hospital, you are most likely to pass the remains of the pregnancy into the toilet. Actually this can happen in hospital too. You may look at what has come away and see a pregnancy sac and/or, the fetus – or something you think might be the fetus. You may want to simply flush the toilet – many people do that automatically – or you may prefer to remove the remains for a closer look. That's natural too.

You may decide to bury the remains at home, in the garden or in a planter with flowers or a shrub. Or you may prefer to arrange burial in a local cemetery. You may want your GP or hospital to look at the remains. Be aware, though, that while they may be able to confirm you have passed pregnancy tissue, they probably won't be able to carry out any tests on it.

If you have any questions about what to do or would just like to talk it through, you are welcome to contact the Miscarriage Association.

“It wasn't what I'd intended, but a friend said “just think about your baby being swept through the system and then floating out to sea, bobbing about under the stars.” I found that really comforting. ”

Summary

There are several ways of managing a miscarriage. Each has its pros and cons. But the good news is that the risks associated with all of them are low; and your chances of having a healthy pregnancy in future are equally good whichever you choose.

Each method is different and affects people differently. This can make it hard to choose between them – especially when you wish you didn't have to choose at all.

We hope that this leaflet provides the information to help you make decisions at what may be a difficult and distressing time.

“The one thing all these methods have in common is that they are all unhappy experiences to go through. But if you feel informed with the correct information then at least you have some control of a situation where you feel horribly out of control.”

Useful reading

Leaflets from the Miscarriage Association, especially:

Ectopic pregnancy

Molar pregnancy (hydatidiform mole)

Patient information from the National Institute of Health and Clinical Care (NICE), available online at <https://www.nice.org.uk/guidance/ng126>

Thanks

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We are also grateful to everyone who shared their thoughts and experiences with us.

References

¹J Trinder et al: Management of miscarriage: expectant, medical or surgical? Results of a randomised controlled trial (miscarriage treatment (MIST) trial). *BMJ* 2006;332:1235-1240 (27 May)

²NICE guidelines [NG126] Ectopic pregnancy and miscarriage: Diagnosis and initial management (April 2019) <https://www.nice.org.uk/guidance/NG126>

The Miscarriage Association is a registered charity with a telephone helpline, an online support forum and a range of helpful leaflets on pregnancy loss.



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