

Miscarriage

Each mother reacts differently following a miscarriage. You may be devastated, angry, depressed, feel guilt, or may feel that it is simply an experience that you just have to live through.

You may grieve for the lost dreams of a future with an anticipated child.

Some people do not develop a closeness with the baby until the birth seems more of a reality.

Other people think of a baby from the moment of conception. All of these reactions and feelings are normal. It is just as normal not to grieve as it is to be devastated.

Following a miscarriage, you may have physical reactions:

Fatigue

Headaches

Loss of appetite

Withdrawal from social activities

Mood Swings – due to withdrawal of hormones

Sleeplessness

Nightmares

Sighing

Heart palpitations

Miscarriages occur in about 15%-25% of all pregnancies, usually between the 7th and 14th weeks of gestation.

When you have a miscarriage, you are having a birth. The pain you feel during the miscarriage is labor. Your uterus contracts and the cervix, or mouth of the uterus, opens. You may have spotting or bleeding, and mild or severe cramping. Sometimes a dilatation and curettage (D&C), or scraping of the uterus, may be necessary, to prevent prolonged bleeding and infection.

After your pregnancy loss, your body may take weeks to return to normal. Uterine cramping may last for several days. Your breasts may be tender, and your milk may even come in. Vaginal bleeding may last for a week or more. If you have heavy bleeding, a foul discharge, or fever, promptly call your doctor.