

I think I'm having a miscarriage



A miscarriage is the loss of a pregnancy before 24 weeks. This leaflet has information about the symptoms you might have, where to get help and what might happen next.

About miscarriage

Early miscarriages happen in the first 12 weeks of pregnancy.

This is the most common type of miscarriage. Scan this QR code to read more about early miscarriage.



A late miscarriage happens after 12 weeks but before 24 weeks of pregnancy. Scan this QR code to read more about late miscarriage.



lessen or go away after the first trimester).

Spotting and light bleeding in early pregnancy and mild cramping is not unusual and does not always mean something is wrong. But **you should always get checked out.**

Scan this QR code to read more about the symptoms of miscarriage.



Symptoms of miscarriage

The most common symptom of miscarriage is vaginal bleeding. This varies from light spotting or brown discharge to a heavy bleed that may be similar to, or heavier, than a normal period.

Other symptoms of miscarriage are:

- pain or cramping in your lower stomach (abdomen)
- a gush of blood or fluid from your vagina
- pink/bloody tissue coming from your vagina (this may look lumpy or stringy)
- a sudden loss of pregnancy symptoms, such as feeling sick and tender breasts (although these symptoms normally

Spotting is usually anything that is seen as a spot or smudge on wiping or possibly staining pants. It is not happening constantly and will come and go. It could be red, pink or brown.

Light bleeding may stain a pad or pants and will be more constant. It would not soak through a pad. It could be red, pink or brown.

Heavy bleeding would quickly soak through a pad. If you are soaking 2 pads an hour for 3 hours or more, **seek urgent help.** It is more likely to be red or dark red and possibly with some clots.

Where and when to get help

You should always seek help if you have any bleeding, with or without pain, at any point in your pregnancy.

If you've had your initial booking appointment, contact your maternity unit. If not, you can call NHS 24 on 111 or self-refer to an Early Pregnancy Unit.

Scan this QR code to find out if there's an Early Pregnancy Unit in your area.



What happens at the Early Pregnancy Unit (EPU)?

Your midwife, nurse or doctor will talk to you about your symptoms and explain more about what will happen next.

You will probably have an ultrasound scan to check if your pregnancy is in your womb and whether there is a heartbeat.

Scan this QR code to read more about what happens at an EPU.



You should seek urgent help if you have any of the following symptoms:

- severe stomach pain or shooting pain in your vagina
- vaginal bleeding or a brown watery discharge at the same time as pain
- pain in your shoulder tip (where your shoulder meets your arm)
- pain when you wee or poo
- diarrhoea and vomiting
- feeling very faint and lightheaded, or fainting.

Call 999 for an ambulance or visit your nearest Accident & Emergency department if you:

- have sharp, sudden and intense stomach pains
- feel very dizzy or faint
- feel sick and look very pale.

These symptoms could mean you have an ectopic pregnancy

Scan this QR code to read more about ectopic pregnancy.



Your care during miscarriage

After a miscarriage, you will be checked to make sure you have completely passed your pregnancy and there is nothing left in your womb (sometimes called management of miscarriage).

There are different ways they can do this. Your midwife, nurse or doctor should explain more about your options. Scan this QR code to read more about care during miscarriage.



You could apply for a certificate and record in the Memorial Book of Pregnancy and Baby Loss Prior to 24 weeks as a way of recognising your loss. See the links to further support in the box below for more information.

More support for you

Scan this QR code to find out more about specialist support organisations.



You can find out more about everything covered in this leaflet by following the QR links to information on NHS inform. You can also search on www.nhsinform.scot

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