

# Natural management of early miscarriage

Department of Gynaecology

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Information for Patients and Relatives

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## Introduction

We are sorry that you have had a miscarriage.

We hope that this leaflet is of some help at this difficult time. We know that finding out you are miscarrying may have been a shock for you. You may need time to come to terms with what has happened.

If you have any questions or you do not understand something, please ask the team taking care of you. You can also call the Early Pregnancy Assessment Unit on the phone number at the end of this leaflet.

Sometimes, some pregnancy remains stay in the womb for a time. Most of the time, the pregnancy remains will pass on their own. But you can have other treatments if you prefer.

We may offer other treatments to help remove any remains but these are not always needed. There are other leaflets about these options.

Natural management is a choice for people who do not want or need other treatments. This means waiting for the remains to pass on their own with no medicines or procedures.

## What happens next?

It can take up to 6 weeks for the pregnancy remains to leave your body. Some people may have very heavy bleeding, sometimes with lumps of blood (clots), or you may have a period type bleed or just spotting. Often the bleeding can be very heavy. Heavier than a normal period. You may also lose clots and pregnancy remains. The pregnancy remains are often pink in colour and sometimes jelly-like. The colour can also be bright red, dark red or brown.

Your nurse or doctor should have told you if you have some blood, pregnancy remains or the pregnancy sac inside your womb. It is likely that this will come away over the next few days or weeks. You should use sanitary pads instead of tampons or a moon cup. This reduces the risk of an infection.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Will it be painful?

Some people have strong pain as the remains pass. Others might have little or no pain at all. Many people feel a low, dragging tummy pain. Some people have low backache pain and/or pain at the top of the legs. Sometimes the pain can come in waves. Sometime the pain can be like contractions or labour pains.

## Can I take painkillers?

You can take any painkillers at home like Paracetamol and Ibuprofen. Follow the instructions on the packet.

You may also find a heat-pad, hot water bottle or warm bath comforting.

## What can I do and not do?

### Work

If you are not bleeding too heavily or in too much pain, you can carry on with your usual activities and work if you want to. If your pain or bleeding gets worse, you should be able to leave work. It might help to tell your boss or colleagues about your miscarriage so they understand if you need to leave.

Losing your baby will affect your body and how you feel. Even if you have no pain or bleeding, you may need to take a few days or even weeks off until you feel ready to face work again.

If you need a fitness to work certificate, we can give you this or you can get one from your GP.

### Sex

It is best not to have sex at all while you are bleeding or in pain. We suggest that you wait until your bleeding has been stopped for 1 week. This is to lower the risk of infection.

### Exercise

Do not do tiring exercise until the bleeding has stopped for 1 week. When you start exercising again, take it slowly and stop if it causes any problems.

## When should I get help?

Contact the Early Pregnancy Team if you have any of the following:

- Bad pain or pain that gets worse, not better even after taking painkillers.
- Heavy bleeding where you have to change your pads every hour or so because they are soaked.
- Heavy bleeding which is not showing signs of slowing or reducing after a few hours.
- Passing clots often or large clots.
- You begin to feel dizzy or faint because of bleeding or pain.
- You get a high temperature over 37°C. You are shivering or feeling very hot or cold.
- You get an nasty-smelling discharge from your vagina.
- Any symptoms which worry you.

## What happens now?

We will ask most people to do a pregnancy test after 3 weeks.

If it is still positive or if you do not think the pregnancy remains have passed, you should contact the Early Pregnancy Unit team.

We may give you an appointment for the Early Pregnancy Assessment Centre in 2 to 3 weeks.

**We will give you 'Open Access' to the Gynaecology Assessment Unit.** This is until the pregnancy test has gone back to negative and the bleeding has stopped.

You can have access to help and advice 24 hours a day.

## Contact numbers

Early Pregnancy Clinic, Monday to Friday, 8am to 5pm: **0116 258 5241**

Gynaecology Assessment Unit, at all other times: **0116 258 6259** or **0116 258 7793**

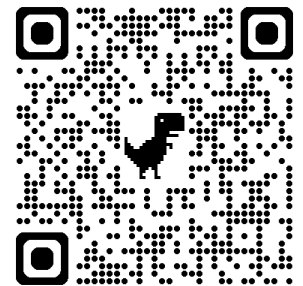
## Remembrance and saying 'goodbye' to your baby

How you choose to remember your baby is a very personal choice. There is no right or wrong way.

Some people are happy with their own thoughts and memories of their baby. Others mark their loss in a religious or a symbolic way.

If you would like to talk about this the nurse practitioner will be happy to help. Or you could contact the Chaplaincy department at the hospital or a religious leader of your own faith in your local area.

If your pregnancy ends before 24 weeks, you do not need to formally register a miscarriage. But you will be able to get a certificate in memory of your baby, if you would like one. You can find more information about this at this website <https://www.gov.uk/request-baby-loss-certificate> or by scanning this QR code with the camera on your smart phone.



## When can we try for another baby?

It is important that you are feeling well. Any pain or bleeding should have stopped. Your pregnancy test should be negative before you have sex. You can try for a baby when you and your partner feel physically and emotionally ready. We suggest that you have a period before trying for another baby. This is so we can be sure there are no remains left in the womb. It will also give your body time to recover. It will also be easier to work out the dates of the next pregnancy.



If you do not want to try for another baby straight away, you should use contraception. You can start most contraceptives right away after a miscarriage. You can release an egg as soon as 8 days after a miscarriage.

## Will I have another miscarriage?

Most miscarriages happen just once. There is a very good chance of having a healthy pregnancy next time. You are not at higher risk of another miscarriage if you had 1 or 2 early miscarriages.



## Useful contacts and support

### Gynaecology health counsellor (at the Leicester Royal Infirmary):

After your miscarriage, you or your partner might feel very sad and emotional for a while. Some people may feel deep sadness for a longer time.

If you would like to see our health counsellor for support after your miscarriage, please call: **0753 416 8299**. Please leave a slow, clear message with your details, hospital number if you have it and your contact phone number. They will call you back to make an appointment.

### The Laura Centre

The centre gives a lot of help to people who have had a miscarriage.

Call: **0116 254 4341** or visit: [www.thelauracentre.org](http://www.thelauracentre.org)

### Support group

A local support group run by the Leicester branch of SANDS (Stillbirth & Neonatal Death Society) meets on the 1st Wednesday of each month. They meet at the Laura Centre, Tower Street, Leicester. At the group, you can borrow books about pregnancy loss and miscarriage:

<https://www.facebook.com/LeicesterSands>

### Miscarriage Association

They give support and information on the pregnancy loss.

Call: **0192 420 0799** or visit: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### Wellbeing of Women

Visit: [www.wellbeingofwomen.org.uk](http://www.wellbeingofwomen.org.uk)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો  
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)