

# Early pregnancy loss



Losing a pregnancy can be an emotionally traumatic experience for a woman and her family. We at the Early Pregnancy clinic are here to help and support you in any way we can.

### How will I feel?

Losing a pregnancy is a deeply personal experience that affects everyone differently. It can affect the woman, her partner and others in the family. Many women grieve, but come to terms with their loss. Other women feel overwhelmed and find it difficult to cope. Physical symptoms such as fatigue, loss of appetite, difficulty concentrating and trouble sleeping can be signs of emotional distress. Some women feel fine initially and only later do they experience difficulties. Many men feel similar distress.

Many women experience a profound sense of loss and disappointment. They describe a feeling of numbness and emptiness. Many women grieve as they would do for a close friend or relative. They experience feelings of shock and sadness and anger and can find it difficult to accept their loss. Other women experience a sense of relief. These emotions are common and will pass with time and good support.

Other women experience feelings of guilt, blaming themselves for what they did or did not do. Some women find it hard to move on without knowing the exact cause of their miscarriage. Others are consoled by the fact that their miscarriage was a chance event and once the process had started, nothing could have been done to prevent it.

Some women want to talk about their experience, others find this too painful.

You should be given all the time you need to grieve. Talking about how you feel with your healthcare professional can help. If you feel you need further assistance in coming to terms with your miscarriage, ask for a referral for support or counselling.

### When can I return to work?

This will vary for each woman. You should be able to go back to work after a week or so.

It can take longer than this to come to terms with your loss.

### When can I try for another baby?

The best time to try again is when you and your partner feel physically and emotionally ready. It is important to take folic acid daily if you considering trying for another pregnancy.

## Contact numbers

Early Pregnancy Clinic, D ward

028 9615 1198 (office hours, Mon – Fri)

Admissions Department

028 9615 0596 or 028 9615 1080 (out of office hours)

## Support groups

Miscarriage Association

01924200799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

Life after Loss

[www.lifeafterloss.org.uk](http://www.lifeafterloss.org.uk)

(online support forum)

The Ectopic Trust

[www.ectopic.org.uk](http://www.ectopic.org.uk)

(website)