

MISCARRIAGE AND ITS MEDICAL TREATMENT

FREQUENCY AND CAUSES

Spontaneous abortions, also called miscarriages, are much more frequent than is usually assumed. At least 20% of all pregnancies end in miscarriage. Almost all miscarriages take place before the end of the twelfth week of pregnancy. Miscarriages are never caused by something one has done wrong. On the contrary, almost all miscarriages are caused by mistakes that arose in the placenta or in the embryo in the first weeks of the pregnancy - there are many ways for things to go wrong when the sperm cell and the egg cell melt together to become a new person. Sometimes the body goes through the process of a spontaneous abortion of itself, and other times it does not. Depending on your situation you can choose to wait for the process to happen, or help it on its way medicinally.

TREATMENT

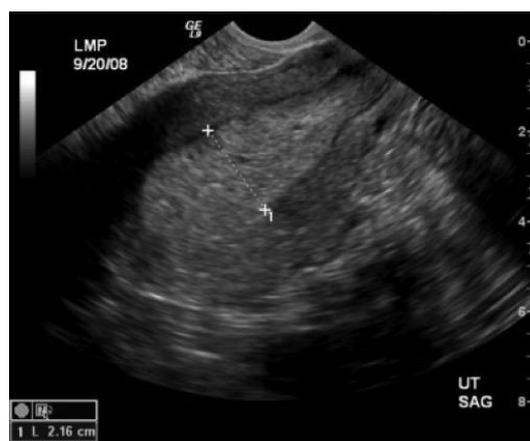
The medical treatment is 4 tablets of Cytotec, which are to be inserted into the vagina. The tablets soften the cervix and make the uterus contract, at which point you will start to bleed and feel menstruation-like pains. We recommend taking a painkiller suppository, Diclodan 100mg, which will act against the menstruation-like pains. You will get the tablets to take home with you, and we recommend that you stay in bed for about half an hour until the tablets and suppository are admitted.

CHECK-UP

It is very rare that one does not bleed during the treatment. After a week you will have a check-up ultrasound at the clinic to be sure that your body has ejected the terminated pregnancy.

IT IS NORMAL:

- To have menstruation-like bleeding, possibly with clumps, after the treatment, and for it to fade away after a week or two.
- To have light pains in one's lower abdomen, which Pamol and Ipren (in tablet form) can help with. It is also possible to use a heating pad or hot water bottle as a supplement to the painkillers.
- That any nausea or breast tension that can arise goes away after 2 to 4 days.
- That you are psychologically out of your usual balance for a while, as the pregnancy hormones still are in your body.
- That your period only comes back 3 to 6 weeks after the abortion. You can fall pregnant again during this time, but it is often recommended to wait until after the first period. However, if you are to become pregnant again before the first period after the miscarriage, you're not at a higher risk of miscarrying again.



→ Continues

PRECAUTIONS

To avoid infections it is recommended to:

- Not use tampons whilst bleeding, only pads.
- To avoid baths and swimming in the sea or in a pool as long as you are bleeding.
- To avoid sex as long as you are bleeding, or to use a condom.
- If you develop a fever, or have intense bleeding or pains, you can contact your own doctor or the watch doctor outside of the clinics opening hours.

STARTING WORK AGAIN

You can start work again once you feel physically and psychologically ready. If you do not feel

ready after a week we recommend you contact your own doctor.

CURETTAGE

In the few cases where the pregnancy is still present in the body at the ultrasound after a week, an appointment at the hospital will be made for a curettage of the uterus under short-lasting general anaesthesia. The procedure only lasts for 10 to 15 minutes and you will be released shortly after.

One doesn't have to wait with the next pregnancy. It will happen once the reproductive system is in balance again.

HVEM KAN JEG RINGE TIL VED SPØRGSMÅL?

Du er velkommen til at ringe til Kvindeklinikken alle Hverdage fra kl. 8.00 - 15.00 på 36 46 71 40.

Revideret april 2020. Revideres løbende og senest 1. april 2022, før ved betydelige ændringer.