

## CARE AFTER A MISCARRIAGE

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This is a difficult time, both emotionally and physically. Please take good care of yourself and with time and support, you will look forward with confidence and peace. It is helpful to have someone to talk to about this, even if you find that you are repeating the same feelings and thoughts. It is better to deal with your feelings now, than ignoring them and then having to revisit unresolved issues in the future.

We are happy to talk to you if you are not coping well. So please do not hesitate to come in or see your family doctor.

### General Measures

- You may feel drowsy for the first 24 hours. Please do not drive or operate equipment/machinery during this time. It is recommended that you have someone nearby for the first 24 hours, to look after you, and for you to talk to.
- You may have vaginal spotting or light bleeding for the next 4 – 6 weeks. Do not use a tampon for the next 2 weeks. Tampons can cause an infection into the cervix and uterus.
- Do not have vaginal intercourse for the same reason as above, for 2 weeks. Avoid a Jacuzzi or bath to prevent infection getting into the vagina and cervix. (for 2 weeks)
- Do not douche! This is always bad for your vagina in that the natural defenses in the vagina are destroyed, and you can get an infection and discharge.

### Medication

Antibiotics are often given during, or following, the procedure to help prevent any infections.

- Anti inflammatories will help alleviate cramps and pain. Please use Ibuprofen (e.g. Advil, Motrin) 200 to 400mg every 6-12 hours as needed. (Unless you have an allergy to ASA, and anti inflammatories)
- You may use nonprescription drugs, such as acetaminophen, for minor pain.
- You should continue using other regular prescription drugs unless told otherwise by Dr Gerber.



- Contraception: Please consider a safe, reliable form of contraception. If you are using Birth Control pills or the Nuvaring, you can start using them immediately after the procedure. If you have intercourse and are not adequately protected (no contraception, or if a condom breaks or slips off), please consider using the Morning After Pill (MAP), available at pharmacies without a prescription. The MAP needs to be started within 72 hours (the sooner, the better) of unprotected intercourse.

### **Activity**

- Resume driving in 1 or 2 days.
- You can resume normal activities as soon as you are able. The sooner the better.
- You can resume sexual relations after 2 weeks.

### **Enjoy your normal diet.**

Please notify us or your family doctor if any of the following occurs:

- Vaginal discharge increases or smells unpleasant.
- You experience pain that simple pain medication does not relieve quickly.
- Unusual vaginal swelling.
- Bleeding develops. (more than a light period).
- You develop signs of infection: general ill feeling and fever, headache, muscle aches or dizziness, pelvic pain, frequency of urination, burning when urinating etc.

*(Please go to the ER if after hours).*