

Patient Instructions: Aspiration Management of Miscarriage

Instructions before your appointment:

- Please come to your appointment well rested and hydrated and after a light meal
- You will be given prescriptions that you need to fill in advance, please bring the medications with you to your appointment. You will take these after you are counseled and sign your consent form.
- You may have a support person with you during the procedure
- You will need to arrange a ride home from the clinic

What to expect at your appointment:

- 15 minute appointment to review the procedure, sign the consents, and to take your pre-medications
- Wait 30 minutes – 1 hour
- 30 minute appointment for the procedure (you may have a support person in the room with you)
- Plan to stay in the clinic approximately 30 minutes after the procedure to be monitored

Instructions after your appointment:

- At home afterward, take all prescribed medicines as instructed, taking pain medicine 3-4 times a day if you need it
- Heating pad, hot bath, and massage may be helpful for cramps
- Avoid tampons, sex, hot tubs and swimming pools for 1 week. Do not douche or use vaginal sprays.

What to expect in the following days and weeks:

- Expect bleeding and cramping to gradually taper after aspiration of your miscarriage. It may be light bleeding or more like a heavy period. Can last from a few days to a couple weeks.
- Small clots are normal
- Your next period should return around 6-8 weeks; fertility may return as early as 2-3 weeks
- Bleeding usually stops after 2-3 weeks
- Pregnancy tests may not be negative until 4 weeks after aspiration of your miscarriage

Grieving:

Women and their partners have an entire range of emotions in response to their pregnancy loss. It is important to take care of yourself, surround yourself with support and be gentle with yourself and each other.

Contact provider at _____ 24 hours a day with any questions or concerns, especially if:

- Too much bleeding (soaking 2 regular pads in an hour for 2 hours in a row)
- Fever by oral temperature greater than 100.4°
- Signs of infection including pain (other than cramping) in the low abdomen, foul-smelling vaginal discharge and/or fever as described above
- Fainting, significant fatigue or weakness
- Blood clots as large as a lemon
- Intense cramping not being managed by your pain medicine
- Pain that cannot be managed at home with prescribed medications

Follow-up: Return to the clinic in **1-2 weeks:**

on _____ at _____ .