🏥 What is a Miscarriage?

A **miscarriage** is the loss of a pregnancy before **20 weeks gestation**. Miscarriages are common, affecting about **one in five pregnancies**, and the risk increases with maternal age. Most miscarriages occur due to **genetic or chromosomal abnormalities** and are not preventable. However, most women who experience a miscarriage will go on to have a healthy pregnancy in the future.

⚠️ What Are the Signs of a Miscarriage?

Symptoms of miscarriage can vary. Some women may continue to feel pregnant, while others experience symptoms such as: ✅ **Vaginal bleeding** (ranging from light spotting to heavy bleeding) ✅ **Abdominal or pelvic pain** ✅ **Passing of pregnancy tissue or clots** ✅ **Loss of pregnancy symptoms** (such as nausea or breast tenderness)

🔹 Some miscarriages occur **without symptoms** and may only be detected during a routine ultrasound.

🩺 How is a Miscarriage Diagnosed?

A miscarriage is diagnosed through: 🔹 **Ultrasound** – Checking for the presence of a fetal heartbeat and assessing pregnancy development. 🔹 **Blood tests** – Measuring pregnancy hormone levels (hCG) over time. 🔹 **Observation of passed pregnancy tissue** – If identifiable tissue is passed, this may confirm the diagnosis.

💊 How is a Miscarriage Managed?

Management depends on the type of miscarriage and individual circumstances:

✅ Complete Miscarriage

A **complete miscarriage** means that all pregnancy tissue has passed naturally. No further treatment is required, and bleeding usually resolves within a few weeks.

⚠️ Incomplete Miscarriage

An **incomplete miscarriage** occurs when **some pregnancy tissue remains** in the uterus. This may cause ongoing bleeding and cramping. Treatment options include:

- **Expectant management** – Allowing the body to pass the tissue naturally over time.
- **Medical management** – Medication (misoprostol) to help the uterus expel remaining tissue.

- **Surgical management** – A minor procedure called **suction curettage (D&C)** to remove tissue if bleeding persists or infection occurs.

🩺 Missed Miscarriage

A **missed miscarriage** is when the pregnancy has stopped developing but has not yet been expelled. It may be diagnosed on ultrasound with no prior bleeding or pain. Management options include:

- **Waiting for natural expulsion**
- **Medical treatment with hormones** to assist tissue passage
- **Surgical removal (D&C)** if preferred or medically necessary

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🔄 What is Recurrent Pregnancy Loss?

Recurrent miscarriage is defined as **three or more consecutive pregnancy losses**. While investigations may be performed to identify a cause (such as genetic, hormonal, or structural factors), in many cases, no clear reason is found. Despite this, most women with a history of recurrent miscarriage will go on to have a **successful pregnancy** in the future.

💙 **If you have experienced a miscarriage, support is available. Speak with your doctor about your options and emotional well-being.**