

Is Bleeding in Pregnancy Normal?

Bleeding during pregnancy is **common**, but it is **not considered normal**. It is important to inform your doctor or midwife if you experience any bleeding at any stage of pregnancy.

Why is Bleeding Happening?

There are many possible reasons for bleeding in pregnancy, and it may indicate a serious concern. The causes can vary depending on the stage of pregnancy.

Early Pregnancy Bleeding

- **Implantation bleeding** – Light spotting when the fertilised egg attaches to the uterine lining (usually harmless).
- **Miscarriage** – Bleeding may be a sign of pregnancy loss.
- **Ectopic pregnancy** – When a fertilised egg implants outside the uterus, often in the fallopian tube, which can be life-threatening if untreated.

Bleeding Later in Pregnancy

- **Placental abruption** – When part or all of the placenta separates from the uterine wall, potentially causing severe complications.
- **Placenta praevia** – When the placenta covers the cervix (neck of the womb), leading to bleeding and possibly requiring a caesarean section.
- **Vasa praevia** – When fetal blood vessels run near or over the cervix, which can cause dangerous bleeding during labour.

Other Causes of Bleeding

- **Cervical changes** – Hormonal changes in pregnancy can make the cervix more sensitive, leading to light bleeding (e.g., after intercourse).
- **Cervical conditions** – In rare cases, bleeding may be due to cervical disease, such as cervical cancer.
- **A 'show'** – A blood-streaked mucous discharge near term, indicating that the mucous plug sealing the cervix is coming away as labour approaches.

Recommendations

- You will need an **examination** to determine the cause of the bleeding and to rule out any serious conditions.
- Additional **tests** may be required to assess your baby's wellbeing.
- Depending on the cause and **gestational age**, early delivery may be necessary in some cases.

If you experience **any bleeding** during pregnancy, seek medical advice promptly to ensure the best care for both you and your baby.