



University of North Carolina Wilmington
Abrons Student Health Center

INSTRUCTION SHEET: THREATENED MISCARRIAGE

The Student Health Provider has diagnosed a threatened miscarriage. Your symptoms and exam indicate that a miscarriage is possible, but not certain. Some patients with your symptoms will have a perfectly healthy child. Some patients with your symptoms will have a miscarriage. It is impossible to say in an individual case (such as yours) what the chances are of either outcome.

A miscarriage is a common event. Ten to twenty percent of pregnancies end in miscarriage. If a miscarriage occurs, do not blame yourself — it is very unlikely that any action on the parents' part causes a miscarriage.

No special medicine or treatment exists to prevent a miscarriage. Aside from the common sense measures outlined below, there is nothing you can do to alter the outcome: Nature will take its own course.

MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR CONDITION:

1. Rest at home. Relax in a comfortable bed, chair, or couch. Avoid significant exertion such as lifting, pushing, pulling, etc. Do get up and about for light activities such as eating, going to the bathroom, etc.
2. Refrain from sexual relations for the time being. Do not douche. Take medication only if approved by your doctor.
3. See your personal/referral Ob-Gyn doctor in the next 24 hours for reevaluation of your condition. When you call for an appointment, explain that the Student Health Center diagnosed a threatened miscarriage, and recommends *prompt* follow-up.
4. If you pass material that could be fetal or placental tissue (membranes, lumps not resembling blood clots), place the tissue in a clean jar. Notify and arrange an appointment with your doctor promptly. Take the tissue with you to your appointment.
5. **MOST IMPORTANTLY, IF WORSENING OF YOUR CONDITION OCCURS, SEEK PROMPT MEDICAL CARE WITH YOUR PERSONAL/REFERRAL DOCTOR OR AT THE CLOSEST EMERGENCY DEPARTMENT.** Specifically, seek care if you have a sharp increase in pain (greater than bad menstrual cramps), brisk bleeding (heavier flow than a period), fainting or repeated lightheaded feeling on standing, fever, chills, or foul vaginal discharge.