



# Student Health Center

## UNC Wilmington

### 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 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.