

Miscarriage

Gynaecology

You are receiving this information because you have had, or are having, a miscarriage. This is a difficult event that may cause sadness, worry and many questions. In this folder you can read more about miscarriage. This information applies to miscarriages up to 16 weeks of pregnancy.

What is a miscarriage?

A miscarriage is the spontaneous ending of a pregnancy during the first sixteen weeks. This happens more often than many people think. About 15% of pregnancies end in a miscarriage. A miscarriage is never your fault. The body stops the pregnancy because something is not right with the embryo.

How does a miscarriage happen?

Sometimes the embryo is expelled right away. Sometimes the pregnancy sac stays in the womb for a little longer. Because of this, symptoms such as bleeding and cramps may start later. A miscarriage cannot be prevented. Extra rest, medicine or being careful cannot stop it.

Why does a miscarriage happen?

The cause of a miscarriage is usually a problem in the chromosomes, the genetic material of the cells. This problem happens by chance at the moment the egg is fertilised. Because of this, the embryo cannot continue to grow, and the body expels it.

Examination

From about seven weeks of pregnancy, an ultrasound can show whether the pregnancy is developing. Often the embryo can already be seen. If a heartbeat is visible, we know the embryo is alive, and the chance of a miscarriage becomes smaller.

From twelve or thirteen weeks, the heartbeat can also be heard with a device called a "Doptone." If several ultrasounds show no heartbeat or other signs of life, it means the embryo is not alive. A miscarriage cannot be prevented at that point.

How do you recognise a miscarriage?

Common symptoms are:

- Increasing bleeding, which can feel like a heavy period
- Stomach cramps
- Pregnancy symptoms that decrease or disappear

Contact your doctor or the clinic if you lose a lot of blood, this means more than one completely soaked sanitary pad per hour.

How does a miscarriage progress??

In most women, the body expels the pregnancy on its own. This usually happens within a week after the first bleeding starts. Cramping pain increases and bleeding becomes heavier, similar to a heavy period. You may also pass clots or tissue. After this, the pain and bleeding slowly decrease, similar to the last days of a period. Sometimes tissue stays behind in the womb. In that case, treatment may be needed, with medicine or a medical procedure. The doctor will discuss which option is best for you.

The impact of a miscarriage

Women react differently to a miscarriage and so do their partners. Some people continue daily life quickly while others need more time. You may feel empty physically and emotionally. Sadness, disbelief, anger and guilt are common feelings, even though guilt is not justified. You could not have stopped the miscarriage. Talking with your partner, family or friends can help. You decide who you tell. Many more women experience a miscarriage than you might think, and talking about it helps many people.

Future and new pregnancy

After a miscarriage, it is usually not a problem to become pregnant again soon. The chance of a healthy next pregnancy is high. Still, it is possible for a miscarriage to happen again.

Research shows that some women or couples have a higher chance of miscarriage than others. This may explain why some people have several miscarriages in a row.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.