

Discharge Instructions for Miscarriage



You have had a miscarriage. This is the unplanned end of a pregnancy before the baby can live outside the uterus. You may have had a shock to your system, both physically and emotionally. Because of this, you may not feel well for a few days. Your body is going through changes. And you can expect mood swings.

Home care

Suggestions for care at home include:

- Return to your daily routines when you feel ready. This might be right away, or you may want to wait a few days.
- Take showers instead of tub baths. This helps prevent infection. Ask your healthcare provider when you can take baths again.
- Don't do any strenuous exercise right away, such as aerobics or running. Wait until the bleeding slows to the rate of a normal period.
- Don't have sex, use tampons, or cleanse with a douche until your provider says it's OK.
- Get emotional support. Ask your provider about support groups in your area. It may be helpful to talk with others who have had a miscarriage.

Follow-up

Make a follow-up appointment with your provider.

When to call your healthcare provider

Call your provider right away if you have any of the following:

- Fever of 100.4°F (38°C) or higher or as advised by your provider
- Chills
- Bright red vaginal bleeding or a smelly discharge
- Vaginal bleeding that soaks more than 1 menstrual pad per hour
- Belly pain that's severe or getting worse

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