



## Miscarriage

A miscarriage is the spontaneous loss of a pregnancy before the 20th week of pregnancy, as about 10%-20% of known pregnancies end in miscarriage, but the actual number is likely higher because many miscarriages occur very early in the pregnancy before the woman knows Even about pregnancy.

The term miscarriage implies that there is something wrong with pregnancy, yet this is rarely true, as most miscarriages occur because the fetus is not developing as expected or for several other medical reasons.

Abortion is a relatively common experience but that does not make it easier, as while the risk of miscarriage increases in the first weeks of pregnancy, once the pregnancy reaches 6 weeks, the risk decreases.

From week 13 - 20 these risks decrease more and more, however caution must be taken during pregnancy as the risk factors leading to miscarriage do not change much.



## Types of abortion

There are many types of abortion, including the following:

- **Threatened miscarriage:** bleeding occurs and the cervix does not start to dilate, this increases the risk of miscarriage, however it is possible for these pregnancies to continue without any problems.
- **Inevitable abortion:** The woman suffers from bleeding, cramping and dilatation of the cervix. In most cases, abortion occurs and it is inevitable.
- **Incomplete abortion:** The presence of some pregnancy products in the womb, such as: part of the fetus or the placenta. This is considered an incomplete abortion.
- **Missed abortion:** In the case of a missed abortion, the placental tissue remains in the uterus, but the fetus has died and was never formed.
- **Complete miscarriage:** All pregnancy tissue has passed. This is a complete miscarriage and is common before 12 weeks of pregnancy.
- **Septic abortion:** an infection in the uterus may cause a septic abortion, and this infection may be severe and require immediate care.
- **Recurrent miscarriage:** a woman may miscarry three or more times during the first trimester.
- **Abortion of twins:** This abortion occurs when only one fetus is discovered, especially if the woman is diagnosed with twins, and this case occurs when the hidden twin is absorbed in the placenta.





## Miscarriage Symptoms

Most miscarriages occur before the 12th week of pregnancy. Signs and symptoms of a miscarriage include:

Miscarriage symptoms such as:

- Bleeding from the vagina.
- Abdominal pain or cramps.
- Pain or cramps in the lower back.
- Weakness.
- fever.
- Weight loss.
- Pinkish white mucus.
- Contractions.
- Tissue resembling blood clots.
- Fluid or tissue passing out of the vagina





## **Post-abortion symptoms**

It includes the following:

- Bleeding.
- Feeling of discomfort.
- fever.
- Chills.
- the pain.
- Sorrow.
- feeling guilty.
- Anxiety.

## **Causes and risk factors for miscarriage**

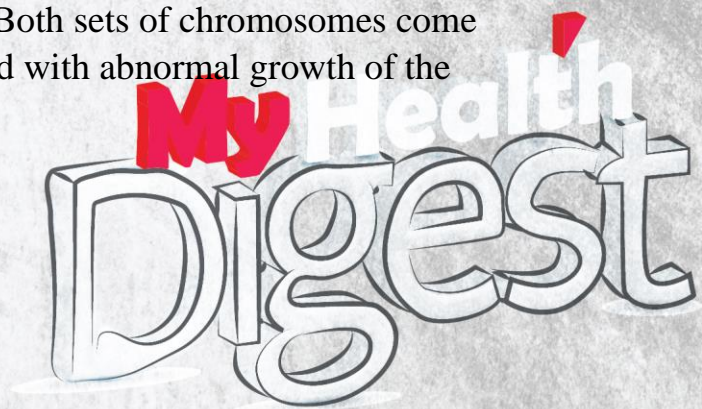
### **Causes of miscarriage**

Most miscarriages occur because the fetus does not develop as expected, and most often miscarriage problems are related to chromosomal problems, which are related to errors that occur by chance when the fetus divides and grows and not genetic problems from the parents.

Chromosome problems may lead to:

- Damaged egg: which occurs when the fetus is not formed.
- Intrauterine fetal death: In this case, the fetus is formed, but it stops growing and dies before any symptoms of pregnancy loss appear.

Molar pregnancy and partial molar pregnancy: Both sets of chromosomes come from the father. A molar pregnancy is associated with abnormal growth of the placenta and usually no fetal development.





## **Causes of miscarriage resulting from the mother's health conditions**

Maternal health conditions that lead to miscarriage, include:

- Uncontrolled diabetes.
- Infections.
- Hormonal problems.
- Problems of the uterus or cervix.
- Thyroid disease.
- Malnutrition.
- Shock.
- Hypertension.
- Food poisoning.

## **Miscarriage Diagnosis**

The doctor performs several tests, including:

Methods for diagnosing miscarriage

It includes the following:

- Pelvic exam: to check whether the cervix has begun to dilate.
- Ultrasound: to check the fetal heartbeat and determine if the fetus is growing as it should.
- Blood tests: to check the level of pregnancy hormone and human chorionic gonadotropin, and measure the results with previous tests, as if the level of human chorionic gonadotropin is abnormal, that indicates a problem.





## **Methods for diagnosing the cause of recurrent miscarriage**

It is as follows:

- Endometrial biopsy.
- Diagram of the uterus and blood vessels.
- X-ray of the uterus and fallopian tubes.
- Hysteroscopy.
- Laparoscopy.

## **Recovering From a Miscarriage**

Physical recovery from a miscarriage takes only a few hours to two days, but you should contact your doctor immediately if severe bleeding, fever or abdominal pain occurs.

It is worth noting that it is possible to ovulate as soon as two weeks after the abortion, as the menstrual cycle may return within 4 - 6 weeks, however, you should avoid having sex or putting anything in the vagina, such as: a tampon for two weeks after the abortion.





## **Miscarriage prevention**

The risk of miscarriage can be prevented by taking some preventive methods, such as:

- Get regular, quality prenatal care.
- Stay away from controllable risk factors.
- Maintaining a healthy weight before and during pregnancy.
- Take care to take daily vitamins to ensure that the mother and fetus get adequate nutrients.
- Reducing caffeine intake as it increases the risk of miscarriage, and eating a healthy and balanced diet.
- Consult a doctor to control any chronic health condition that needs appropriate treatment

