

Understanding Emotions After a Miscarriage

A miscarriage is a pregnancy loss before the 20th week. This can happen for many reasons, and it is not your fault.

It is normal to go through many different feelings after a miscarriage. Grief after a miscarriage may happen right away or days or weeks after. Along with sadness, you might feel angry, confused, scared, anxious, or have a deep sense of loss.

Some people also feel guilty or alone. Remember, these feelings are normal, and it is OK to grieve in your own way.

Your care team can give you resources and answer any questions you may have. Please reach out to us. We want to support you in every way we can.



Mental Health Care After Miscarriage

Caring for your feelings is as important as caring for your body. It is OK to ask for help.

- **Talk:** Sharing your feelings with a friend or family member can help. You do not have to go through this alone.
- **Support:** There are support groups for people who have had a miscarriage. Talking with others who know what you are going through can be comforting.

- **Counseling:** You may feel overwhelmed or like your feelings are hard to handle. A therapist or counselor can give guidance and support.
- **Take time to grieve:** Let yourself feel sad and mourn your loss. Healing takes time. Be kind to yourself.

If, at any time, you have thoughts of self-harm or suicide, please talk to someone right away. The 988 Suicide and Crisis Line offers free, 24/7 call and text access to trained crisis counselors who can help anyone in emotional distress. Just call or text 988.

Home Care After Miscarriage

It is important to take care of your body after a miscarriage. Here are some things you can do at home:

- **Rest:** Give your body time to heal. Take it easy for a few days.
- **Pain relief:** You can use over-the-counter pain medicine like ibuprofen, brand name Motrin® or Advil®, for cramps. Tell your care team first if you take blood thinners, have a history of bleeding or stomach ulcers, or have a history of kidney or liver disease.
- **Bleeding:** It is normal to have some bleeding for a few weeks. Use pads. Do not use tampons or menstrual cups.
- **Reduce the risk of infection:** It is recommended to avoid sex and avoid placing anything into the vagina for 1 to 2 weeks after a miscarriage.
- **Diet:** Try to eat a healthy diet with plenty of fruits and vegetables.
- **Hydration:** Drink lots of water to stay hydrated.

Advice for Partners

Partners can also feel a sense of loss, grief, and anger. At the same time, you need to support your loved one who had the miscarriage. Here are some things you can do to help:

- **Listen:** Be there to listen to your partner's feelings. Do not tell them how to feel or that they should move past it. Try to listen without judgment.
- **Communicate:** Talk openly about your own emotions. It helps to talk to friends and family about your feelings.

- **Help at home:** If you have other children, spend extra time with them so your partner can rest and take time to heal. Make sure your partner does not need to worry about chores and meal prep while they heal.
- **Support:** Seek support together as a couple if needed.



Pregnancy After Miscarriage

Many people can have a healthy pregnancy after a miscarriage. Talk to your care team about when it is safe for you to try again. Most women will resume their normal periods in about 4 to 6 weeks after the completion of a miscarriage. It might take time for your body and feelings to be ready.

When to Contact Your Care Team

Call your care team if you have:

- Heavy bleeding from your vagina that soaks through more than 1 pad per hour, even if it stops and starts
- Small clots of blood from your vagina
- Fever up to 100.4°F or 38°C
- Bad-smelling vaginal discharge
- Belly or back pain that feels worse than normal period cramps, or gets worse over time



When to Call 911 or Go to the Emergency Room

Get help right away if:

- You have very heavy bleeding from your vagina that does not stop or soaks through 2 or more pads per hour for 2 hours or more.
- You pass clots larger than a golf ball.
- You feel extreme pain in your belly or back that does not get better with medicine.
- You feel faint or dizzy.
- You have signs of infection, such as a fever higher than 100.4°F or 38°C, chills, or feeling very unwell.
- You have trouble breathing, chest pain, or confusion.
- You pass out or lose consciousness.
- You have severe weakness, nausea, vomiting, or diarrhea that lasts more than 24 hours and makes it hard to stay hydrated.
- You have the urge to harm yourself or others, such as your children or family.

Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

Last updated May 2025