

Following your Miscarriage

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

You were seen today by: _____

Miscarriage can have a considerable emotional impact. It is common for both partners to feel a combination of grief, distress, loss, shock, guilt, anger and depression. Many feel very isolated and alone. You may find that talking about your feelings will help you come to terms with your loss. If possible try and talk with a close friend, family member, counsellor or your GP.

Following your miscarriage

- You may experience bleeding on and off for the next two weeks.
- This bleeding may be heavy at times.
- During this time a pregnancy test would still be positive.
- Your next period should be due in 4 – 6 weeks' time.

If the bleeding persists for longer than two weeks or you notice an offensive vaginal discharge, then please telephone The Buchanan Suite for advice on:

0151 290 4356 or 0151 430 1737

Monday to Friday 9am – 12.30pm

Monday & Wednesday 1.30pm – 5.00pm

(except bank holidays)

Or

Gynaecology Ward (3E) for advice on:

0151 430 1522 (anytime)

Sometimes it is necessary to confirm a miscarriage with blood tests to measure the pregnancy hormone level. If this is necessary you will be advised by the staff in the Buchanan Suite.

If you wish to try for another pregnancy, you may find it best to try when you are feeling emotionally ready.

Leaflets available from the miscarriage association are:

www.miscarriageassociation.org.uk

- We are sorry you have had a miscarriage
- Preparing for another pregnancy
- Men and miscarriage
- Pregnancy loss.



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633