

Recovery After Miscarriage

It is important that you look after both your physical and emotional health after miscarriage. Here are some things to try.

Healthy Eating—Make sure that you eat healthy to replace the minerals that you will have lost during miscarriage and to ensure a healthy intake of vitamins to aid recovery.

Journaling - Documenting your journey can be therapeutic.

Yoga – Yoga is becoming more and more popular and can benefit the body and mind. There are some lovely Yoga 'After Miscarriage' videos on Youtube that are easy to follow and gentle.

Support – Join a support group. Follow Morgan's Wings for updates on support groups in Cardiff. Alternatively see Further Support.

Counselling – Counselling can be really helpful but unfortunately the waiting lists are generally quite long. Speak to your employer who may have an employee access scheme.

Get Outdoors — We know it's the last thing that you may feel like doing but being surrounded by nature has been proven to be good for your well-being.

Commemorate your baby—We have some lovely ideas on our blog <https://miscarriagematters.morgans-wings.co.uk/2020/07/09/commemorating-your-baby-after-miscarriage/>

For more information on any of the elements discussed in this leaflet and more please visit:

<https://morgans-wings.co.uk/info.html>

We offer 1:1 talk support via text message or phone call. This is not a counselling service but you will be able to talk with someone who has had a similar experience. There is no charge for this service other than your call/text charges.

Talk Support is currently available Monday—Friday 6pm—8pm and Saturday and Sunday from 4 pm—6pm.

If you contact us outside of these hours we will try and get back to you as soon as possible.

Talk support is available on: 07706052048



Morgan's Wings

<https://www.morgans-wings.co.uk>

<https://www.facebook.com/morganswings>

Or e-mail us on info@morgans-wings.co.uk

Miscarriage and what to expect



Supporting Parents
Going Through
Miscarriage

Miscarriage

Many people associate a miscarriage with bleeding and pain. This is not always the case. Miscarriages can last a few hours or a week or more. No two miscarriages will be the same. If you have bleeding or spotting this does not always mean that you will miscarry. For more information on types of miscarriage and treatments please see our leaflet titled: Miscarriage types and treatments.

How long will I bleed for after a miscarriage?

Generally a woman will bleed for around 2-3 weeks. This can be continuous or on and off. The bleeding is likely to be a deep red at first but you may notice brown discharge towards the end. It is important that you do not use a tampon or a period cup during this period as you will need to monitor the bleeding. If you experience heavy bleeding (enough to fill a pad in an hour), large clots or excruciating pain then you will need to seek immediate medical support.

Sometimes the body will absorb the embryo and you may not pass a lot of blood.

Will it hurt?

Going through a miscarriage can hurt both mentally and physically. Physical pain can range from no pain to intense contractions.

You may find that you are exhausted after a miscarriage. This may be due to emotional distress but can also be due to anemia from loss of blood.

Emotional Pain

It is normal to experience a range of thoughts and emotions following your miscarriage. If you are concerned about your mental health please seek guidance from your GP.

Some of these feelings may be:

Sadness
Angry
Numb
Preoccupation
Confusion
Disbelief
Guilt
Anxiety
Fatigue
Empty
Jealous
Scared
Heart palpitations
Headaches

Normal behaviour after miscarriage can include:

Dreams about the deceased
Sleep disturbances
Withdrawal from social interactions
Loss or increase in appetite
Absentmindedness
Avoidance of certain people (pregnant women and new babies) or situations.

Thoughts can include:

Why me/us/my baby?
Obsessing over your loss
It's my fault—What did I do wrong?
How can they have a baby and not me?
They don't deserve a baby.
Will I ever be able to have a baby?

When should I be concerned?

- If you experience heavy bleeding (enough to fill a pad in an hour), large clots or excruciating pain then you will need to seek immediate medical support.
- Thoughts of suicide
- Self-harm (including planned thoughts)
- Drinking too much alcohol
- Taking drugs
- No desire to carry out any day to day activities after a few days (such as showering).

If you or a family member are concerned about your mental health you should always seek a medical opinion as soon as possible.

