

Recovery After Miscarriage

Make sure that you eat healthy.

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 - Speak to your friend and family. Join a support group. Follow Morgan's Wings for updates on support groups in Cardiff.

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.

Funeral - Sometimes miscarriages can happen in a controlled environment and you will be asked what you want to happen with the remains. There are several options but the most important one may be "Undecided". This means that you can defer making a decision for 6 weeks. Other options include: **Hospital management** which will be a shared cremation. In Cardiff you can attend the service if you wish but it is worth noting that other parents who have suffered a loss may be in attendance. The ashes will not be available but will be scattered at the crematorium.

Own Funeral arrangements. You can arrange for your own service with the crematorium. They can pick up the remains from the hospital and transport them to the crematorium. You may want to choose songs and an officiant. There may be ashes available for you to keep or scatter. Some Crematoriums do not charge for services for under 18s, check with your local crematorium.

Further Support:

The Junction Cardiff is a non-judgmental counselling service that provides a caring and safe atmosphere for you to talk confidentially to one of our trained advisors.

Address:
166 Richmond Road
Cardiff, CF24 3BX.
Telephone: 07807 608009
Email: info@thejunctioncardiff.org

Speak to your GP. Some surgeries have counsellors attached. Or they can point you in the right direction.

Visit Morgan's Wings we are on a few social media channels

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

https://www.instagram.com/morgans_wings/

https://twitter.com/Morgans_Wings

Morgan's Wings

e-mail us at: info@morgans-wings.co.uk

Miscarriage



Supporting Parents
Going Through
Miscarriage



Miscarriage Facts

- Approximately 1 in 4 pregnancies end in miscarriage
- Around 60% of women who have a miscarriage go on to have a healthy pregnancy
- Most miscarriages happen in the first 12 weeks

Why?

Although it may be hard to accept, it's important to know that there is no known answer for why miscarriage generally happens. In most cases it is not something you or your partner may or may not have done. 85% of miscarriages occur during the first trimester and these are generally caused by chromosomal abnormalities or by issues with the placenta.

Miscarriages during the second trimester are much less common than during the first trimester and may happen as a result of an underlying health issue or cervical weakness.

What about...

- **Stress?** Whilst it is important to try to be as stress free as possible, being stressed does not cause miscarriage.
- **Lifting heavy objects?** There is a lot of conflicting advice regarding any links to lifting heavy items and miscarriage. It is probably best avoided and advisable to seek a risk assessment in the workplace.
- **Sex?** Sex cannot cause you to miscarry normally. Your doctor may advise you to refrain from sex if you have unexplained bleeding, a history of cervical weakness or a low lying placenta. Remember if you have any concerns please speak to your GP
- **Exercise?** Avoid contact sport but in general, exercise does not cause miscarriage. Gentle exercise is encouraged.
- **Vaping?** The NHS states "Little research has been conducted into the safety of e-cigarettes in pregnancy, but they're likely to be much less harmful to a pregnant woman and her baby than cigarettes. If you're pregnant, licensed NRT products such as patches and gum are the recommended option to help you stop smoking. But if you find using an e-cigarette helpful for quitting and staying smoke free, it's much safer for you and your baby than continuing to smoke."
- **Aromatherapy oil?** There is a lot of conflicting advice regarding the use of aromatherapy oil during pregnancy. It is probably best to refrain from using any aromatherapy oils during the first trimester and double check which ones are suited to use from the second trimester.

Factors that may increase miscarriage

- **Age** - as you age you quality of eggs and sperm diminish.
- **Smoking** - smoking and second hand smoke have been linked to miscarriage.
- **Alcohol** - drinking alcohol whilst pregnant has been linked with miscarriage. Drinking alcohol whilst pregnant can also cause birth defects and brain damage as well as conditions such as Fetal Alcohol Syndrome Disorder (FASD) and Alcohol Related Neurodevelopment Disorder (ARND).
- **Drugs** - taking recreational drugs can cause miscarriage, still birth, birth defects, placental abruption as well as the risk that babies may be born with learning and developmental difficulties. It is always advisable to speak to your GP about any prescribed medication and speak to your pharmacy about any over the counter medication.
- **Caffeine** - too much caffeine during pregnancy can cause miscarriage. Caffeine is a stimulant and a diuretic and can increase your heart rate and blood pressure both of which can be dangerous during pregnancy. The NHS recommends that pregnant women drink no more than 200 milligrams of caffeine a day which is equivalent to 2 mugs of coffee.
- **Obesity** - There is some data that suggests obesity can cause miscarriage.

Whilst it is important to limit your risk factors to ensure that you have a healthy pregnancy please remember that these are risk factors and not causes. Just because you were tired one day and drank 5 cups of coffee this does not mean that you caused your miscarriage.