

Our Locations

LOS ANGELES

DOWNEY
(562) 862-5121

EAST LA
(323) 201-9343

INGLEWOOD
(323) 987-8879

LONG BEACH
(562) 595-5653

LOS ANGELES
(213) 738-7283

POMONA
(909) 626-2463

SANTA MONICA
(310) 820-8084

TORRANCE
(310) 373-1042

WEST COVINA
(626) 572-8800

VENTURA COUNTY

OXNARD
(805) 822-5879

CENTRAL CALIFORNIA

BAKERSFIELD
(661) 633-5266

FRESNO
(559) 233-8657

ORANGE COUNTY

SANTA ANA
(657) 859-5463

SAN FERNANDO VALLEY

CANOGA PARK
(818) 444-9870

GLENDALE
(818) 502-1341

MISSION HILLS
(818) 893-6949

ANTELOPE CALIFORNIA

LANCASTER
(661) 371-2629

SAN DIEGO

EL CAJON
(858) 547-7100

INLAND EMPIRE

CORONA
(951) 637-2100

SAN BERNARDINO
(909) 885-0282

TEMECULA
(951) 296-0454

NORTHERN CALIFORNIA

MODESTO
(209) 578-0443

OAKLAND
(510) 899-7099

SACRAMENTO
(916) 483-2885

SAN JOSE
(408) 240-2614



Coping With Pregnancy Loss



www.fpawomenshealth.com

Revised: 7/18/2022 LR

Coping with Pregnancy Loss



Experiencing a pregnancy loss, or making the decision to end a pregnancy because of developmental complications can be a confusing, difficult and emotional time. You may be feeling like you did something wrong, wondering why this would happen, or just generally feeling unwell and unsure of how to cope with your feelings.

Why do things go wrong in a pregnancy?

Miscarriages and fetal development complications are most often caused by a genetic or chromosomal abnormality. About one half of cases of early pregnancy loss are caused by a random event in which the embryo receives an abnormal number of chromosomes. Most of the time, you will not know the exact cause, but it is important to remember that there is nothing you did that caused it to happen, it just happens naturally sometimes.

Did I do something wrong?

Some women worry that they have done something to cause their miscarriage. Working, exercising, having sex, having morning sickness or having used birth control pills before getting pregnant does not cause pregnancy loss. Some women who have had a miscarriage believe that it was caused by a recent fall, injury or accident. In most cases, this is not true.

Is how I feel right now normal?

Everyone experiences pregnancy loss differently. There is no “right” or “wrong” way to feel and however you feel about it is okay. It is important to recognize when you may need additional emotional support though. If you are feeling sad, ask your partner or a friend to listen to you express your feelings. If you feel ill, ask your doctor for whatever will make you feel more comfortable.

What will help me feel better?

- **Take care of yourself.** Allow yourself time and permission to grieve while finding what makes you happy. This may mean taking a step back from a few things or spending more time on hobbies, or with friends and family. Make sure those close to you know how you feel so they can help you.
- **Talk about how you feel.** Many women feel that pregnancy loss is a “taboo” subject that is not discussed. The truth is, talking about it may help you work through your grief, and find other women who have gone through similar experiences. If you do not want to talk to your friends or family, consider an online support group for women who have experienced pregnancy loss.
- **Consider a memorial.** A religious service, small personal memorial or donation to a cause may help you express your grief and find peace.

Should I do anything differently?

We advise you to not put anything into your vagina (such as using tampons or having sexual intercourse) for 1–2 weeks after a miscarriage. This is to help prevent infection.

Call us right away if you have any of the following symptoms:

- Heavy bleeding
- Chills
- Fever
- Severe pain

Will I be able to get pregnant and carry a baby to term in the future?

Pregnancy loss in the first trimester is usually a one-time occurrence. Most women go on to have successful pregnancies when they decide they are ready to get pregnant again. Repeated pregnancy losses are rare.

Some people feel overwhelmed or conflicted about the prospect of becoming pregnant again, while others know right away that they want to try again. It is normal for you to feel either way and okay if you have worries about future pregnancies, however, most women who experience a miscarriage have a healthy pregnancy the next time.

When can I try to get pregnant again?

Before attempting to become pregnant again, give yourself time to recover from your loss, both physically and emotionally. You can ovulate and become pregnant as soon as 2 weeks after a miscarriage, but it’s best to wait until you have had at least one menstrual period after your miscarriage, in order to make sure your uterus is fully healed.

If you do not wish to become pregnant again right away, be sure to use a birth control method beginning immediately after your miscarriage. You can safely use any birth control method, including having an IUD like Mirena, Kyleena or Paragard inserted immediately after a pregnancy loss.

