

Bleeding in Early Pregnancy (Threatened Miscarriage)

Gynaecology

Introduction

You were seen today in The Early Pregnancy Assessment Unit (EPAU) in D18. Following your scan, the EPAU staff will advise you on how to care for yourself in pregnancy. This leaflet aims to help you understand more about bleeding in early pregnancy.

What is a Threatened Miscarriage?

Vaginal bleeding in the early stages of pregnancy is common and does not always mean that there is a problem. However, bleeding can be a warning sign of a miscarriage. Any ongoing pregnancy associated with abdominal pain or vaginal bleeding is called a threatened miscarriage. The bleeding can occur at any time after a missed period. It is often noticed when going to the toilet. The blood may be pink, brown or red in colour. The blood loss varies from person to person, from spotting to a gush with clots. Sometimes a scan may show a small haematoma (blood clot) around the pregnancy sac which identifies the source of the bleeding but, more often, nothing abnormal is seen on the scan. It is not always possible to give an explanation as to why you have had a bleed. In most cases the pregnancy continues safely.

The likely causes of bleeding are:

- When the placenta tries to burrow into the lining of the womb, it may cause some bleeding
- The cervix becomes rich in blood supply and softer, as a result any slight trauma may cause a bleed.

A baby's heartbeat on scan is reassuring. In the presence of a heartbeat there is an 85% chance of your pregnancy continuing.

What should I do in the next few days?

Women are often advised to take bed rest while bleeding; however, this seems to make little difference to the final outcome of the pregnancy. If you wish, you may return to work, once you feel happy to do so.

Until the bleeding stops we recommend that you use sanitary towels rather than tampons to reduce the risk of infection and to be able to monitor the amount of bleeding. It is safe to resume sexual intercourse once the bleeding has stopped and there is no vaginal infection.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What symptoms should I look out for?

After leaving the EPAU if you experience any of the following;

- Bleeding that continues or gets heavier
- Start to pass clots or tissue
- Strong abdominal pain
- Fever or high temperature or offensive vaginal discharge

Please contact the EPAU Department on the telephone number given at the end of this leaflet, or your General Practitioner (GP).

Do I need my blood group checked?

Your blood group will be checked if you have had a scan which has dated your pregnancy at 12 weeks or more. Everyone's blood falls into one of the following blood group categories: A, B, AB or O. We also have a rhesus factor – positive or negative.

Women who are rhesus negative, who have had a scan dating their pregnancy 12 weeks and over, and experienced bleeding in pregnancy may need an injection of anti-D. This prevents the development of antibodies that may be harmful in future pregnancies. If your blood group is rhesus negative, you may be asked to return to the unit so that anti-D can be administered.

Where can I get advice and support?

You may find that the whole experience has been worrying for you and has left you anxious about the future of this pregnancy. We hope that this information leaflet will have answered a few questions and provided some reassurance.

However, if you would like to talk things over further, then your GP can provide advice and support during this time, as well as arranging further ante-natal care for you. Please feel free to contact them or call the nurse in the EPAU.

EPAU (D18)

Monday to Friday: 8am-5pm, Saturday: 8am-1pm

01902 307999 Ext. 84606

Outside of these hours you can call NHS 111 for advice.

Further information

www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/bleeding-andor-pain-in-early-pregnancy-patient-information-leaflet/

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。