

Miscarriage

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Miscarriage is the loss of a baby before it is able to live outside the womb. Unfortunately, miscarriage is very common and very difficult. Most pregnant woman fear miscarriage because death and loss are never easy. We are people made to love and be loved. To lose a baby is like losing the love you hoped for. Your hopes and dreams feel as if they are vanishing before your eyes and from your heart. It is normal to feel this way, but never easy to deal with.

The physical loss

The process of the body losing the baby generally starts with bleeding that is not expected. Any bleeding should be reported to your obstetrician/gynecologist or delivering physician as soon as possible. If severe pain accompanies the bleeding, it would be prudent to report to the emergency room. One may also report to your NaPro physician. Usually, your doctor will run a quantitative HCG blood test, and order a sonogram. Sometimes it is unclear if a miscarriage is really happening at the time of the initial tests. If there is a concern of possible miscarriage, more tests will be run in one to two days. If the quantitative HCG is falling, the miscarriage is confirmed.

It is difficult to know exactly what to expect after this point. An early miscarriage can be like a heavy and difficult period. There may be cramping and bleeding that is quite heavy. Some doctors prescribe pain medications to manage better at home. If the pain is severe, it is always important to report that to your physician.

Sometimes, the doctor may recommend a D&C (dilation and curettage). This is where the doctor does a procedure to get the remainder of the tissue created by the pregnancy out of the uterus. Though the baby has passed away, sometimes blood that is left inside can increase the risk of infection. This procedure is usually under general anesthesia. Doing a D&C would shorten the time of bleeding from the miscarriage.

The grief and emotional loss

Miscarriage of your pre-born baby is real loss. It is important to recognize that your emotional pain is real. Give yourself time to grieve. You may need some time off work. You may need some extra attention from your spouse. Talk about your needs with those around you. Some women and couples choose to name their baby. Others do a small memorial. Your own way is the best way. It is okay to share with others, but only with your best timing in mind. Pain and grief are hard. Sometimes you may need to discuss your emotions with your doctor as well. That is okay, too.

The healing and restarting

Once you have ended your bleeding process (whether after natural miscarriage or D&C), it is important to resume charting. You may want a refresher appointment with your FertilityCare practitioner. Your body may take some time to manage the stress in its own way. Your chart may look different from previous months. You may see a non-ovulatory time. It is important that you listen to your body.

As a couple, you may wish to avoid pregnancy for a short time (usually about 3 months) to allow the body to completely heal. If you continue to have irregular bleeding (bleeding off and on that is not like a period), please let your regular doctor and NaPro physician know as soon as possible. If you become pregnant again right away, please notify your NaPro physician as well.

You are in our prayers.

Additional resources

www.elizabethministry.com

www.catholicmiscarriagesupport.com

www.foryourmarriage.org/everymarriage/overcoming-obstacles/miscarriage/

A prayer after miscarriage

Dear Lord,
We are saddened and hurt and grieve the loss of our child. We miss being able to hold and caress our child. We will miss sharing the many experiences with our child that life on earth would have presented.

We do not understand and yet we know that our child is also your child. Increase our understanding and strengthen our trust in you. We are comforted by your infinite love and mercy and we are confident that our child is now home and in your loving embrace. Please further comfort us.

Use our suffering to fulfill your will. Grant us peace. Strengthen our hope such that we can see past our tears and look forward with joy to that time when we will also be able to embrace our child and share the eternal joy which our child is now experiencing with you.

Jesus, I trust in you!