



Treatment of Miscarriage with Watch and Wait or “Expected Management”

- Watching and waiting or “Expectant Management” is choosing to wait for the pregnancy to pass on its own. Eventually, your uterus will begin to contract and will pass the pregnancy tissue.
- What to expect:
 - If you have not yet started to bleed, you will be waiting for your body to begin the process. This can take several weeks or longer.
 - If you are already bleeding, this will likely continue with cramping and the passage of tissue and blood clots. This can take several weeks or longer.
 - Heavy bleeding and painful cramping is normal and may last for 3-5 hours. You may see some grey or white tissue.
 - After that you may have light, period-like bleeding for 1-2 weeks. Bleeding may stop and start.
 - Do not use tampons.
 - Success rate is roughly 50%.
- Risks:
 - Include infection and very heavy bleeding or incomplete passage of the pregnancy that can require surgery.
- Pain management:
 - You can take Ibuprofen (Motrin or Advil) 800 mg up to 3 times a day, Acetaminophen/Tylenol 1000 mg up to 4 times a day or pain medication from your doctor for the cramping.
 - A hot pack may help with cramping. It is also a good idea to rest in a soothing place.
- Follow up:
 - If needed keep your follow up appointment with your doctor.
 - Get plenty of rest over the next few days.
 - No vaginal intercourse and put nothing inside the vagina for at least 2 weeks or until bleeding has stopped (Do not use Tampons).
 - Do not swim, use a hot tub, or take a bath for 2 weeks or until bleeding has stopped.
 - It may take time for your menstrual cycle to return to normal, typically 4-6 weeks. This period may be heavier than normal. Ovulation can occur within 2 weeks of your miscarriage so it is possible to become pregnant within a month. Unless your doctor has told you otherwise, it is safe to become pregnant right away after miscarriage.
 - If you do not want to become pregnant right away, please discuss birth control with your doctor.
 - Please call our office at any time with questions. If you are having any issues with coping or grieving the loss of your pregnancy, please contact us.
- **Please contact our office (402) 559-4500 if you develop:**
 - Vaginal bleeding that last longer than 2 weeks
 - Fever (greater than 100.5)
 - Vaginal discharge with odor
 - If you have overwhelming feelings of sadness or depression
 - If you change your mind and want medication or a procedure
- **Go to the Nebraska Medicine Emergency Room if you have the following symptoms:**
 - Heavy vaginal bleeding (soaking 1 large pad per hour for over 2 hours)
 - Shortness of breath
 - Severe abdominal pain