



UNDERSTANDING MISCARRIAGE: CAUSES, SYMPTOMS AND SUPPORT

Miscarriage is the loss of a pregnancy before the 20th week and it is a common experience affecting about 10–20% of known pregnancies. While it can be emotionally challenging, it's important to know that most miscarriages are not caused by anything the mother did or didn't do. Understanding the causes, symptoms and available support can help you navigate this difficult time.

What causes Miscarriage?

Most miscarriages occur due to chromosomal abnormalities in the developing foetus, which are usually random events and not related to the mother's health or actions. Other less common causes include:

- **Hormonal imbalances**
- **Infections**
- **Chronic conditions** such as uncontrolled diabetes or thyroid disease
- **Uterine abnormalities** or structural issues
- **Clotting disorders**
- **Lifestyle factors** such as smoking, alcohol use, or exposure to toxic chemicals

Age also plays a role - women in their late 30s and 40s have a higher risk of miscarriage compared to younger women.

Recognizing the Symptoms

The most common signs of miscarriage include:

- **Vaginal bleeding**, which may range from light spotting to heavy bleeding
- **Cramping or pain** in the lower abdomen or back, often similar to menstrual cramps
- **Passing tissue or fluid** from the vagina
- **Loss of pregnancy symptoms**, such as nausea or breast tenderness

It's important to note that not all bleeding in pregnancy results in miscarriage, but any unusual symptoms should prompt a visit to your doctor for evaluation.

Diagnosis and Management

If you experience symptoms of miscarriage, your doctor will likely perform an ultrasound, blood tests and a pelvic exam to assess the pregnancy. Treatment options depend on your health, how far along the pregnancy was and your preferences.



These may include:

- **Expectant management:** Allowing the body to pass the pregnancy tissue naturally, which may take up to two weeks.
- **Medical management:** Medications to help the uterus expel pregnancy tissue.
- **Surgical management:** Procedures such as dilation and curettage (D&C) to remove remaining tissue, especially if there is heavy bleeding or infection risk.

After a miscarriage, you should avoid sexual intercourse for at least two weeks to reduce the risk of infection. Your doctor will schedule a follow-up to monitor your recovery and discuss any concerns.

Emotional Support and Recovery

Miscarriage can be a deeply emotional experience and feelings of grief, sadness or guilt are normal. It's important to seek support from loved ones, counsellors or support groups. Most women who experience a miscarriage go on to have healthy pregnancies in the future.

When to seek Help

Contact your doctor immediately if you experience:

- **Heavy bleeding** or soaking through pads quickly
- **Severe pain** that does not improve
- **Fever or chills**, which may indicate infection

Miscarriage is a common but often misunderstood event in pregnancy. **At Neotia Bhagirathi Woman and Child Care Centre, we are committed to providing compassionate care and support for women and families experiencing pregnancy loss.** If you have concerns about miscarriage or need emotional support, our team is here to help you every step of the way.