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Understanding Miscarriage: Recovery

Your body has had a shock to its system. Because of this, you may not feel well for a few days. Your body is going through changes, and you can expect mood swings. When you are ready, start back to your normal routine.

Mood Swings

The miscarriage has caused a sudden drop in your hormone levels. This is likely to produce mood swings or make your emotions even more extreme. Stress and lack of sleep can also affect your moods. As your body returns to normal, these mood swings should lessen.

Returning to Your Daily Routines

You are the best judge of how you feel. Do only as much as you feel up to. Also be sure to follow your doctor's instructions. Keep the following in mind:

- Return to work or your daily routines when you feel ready. This might be right away, or you may want to wait a few days.
- Take showers instead of tub baths. This helps prevent infection. Your doctor will tell you when you can take baths again.
- Avoid strenuous exercise, such as aerobics or running, until the bleeding slows to the rate of a normal period.
- Wait to have sex, and don't use tampons until your doctor says it is okay.
- Do not douche.

Finding Support

Recognize your need to talk. Ask for support when you want it, and accept help when it's offered. Although sharing thoughts with your partner is vital, you may also feel like talking with other family members or friends.

Look Nearby

The real experts on miscarriage are the women who have gone through it. Because miscarriage is so common, it's likely that someone close to you has had one. You may begin to see that you're not alone in experiencing such a loss.

Other Sources of Support

Many women find it easier to talk to people who are not family or friends. If this is true for you, try contacting the following:

- Resolve, Inc. 617-623-0744
- Share Pregnancy and Infant Loss Support 800-821-6819
- Bereavement Services/RTS 800-362-9567, extension 4747

When to Call the Doctor

It's normal to be sad for a while. You may even feel "down" until you're pregnant again. Be sure to call your doctor if either of the following is true:

- You continue to have no interest in eating or are not able to sleep.
- Your depression does not lessen or you get more upset.