

Early pregnancy loss

Information about miscarriage in
the first 12 weeks of pregnancy



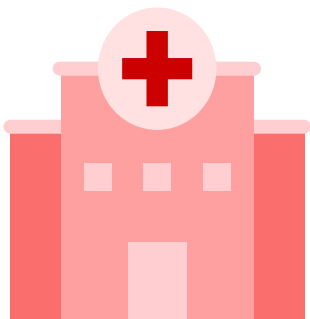
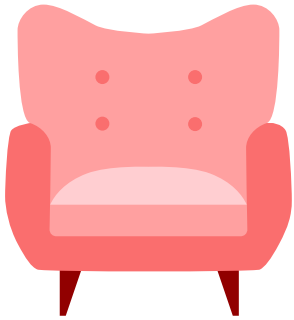
WIENER PROGRAMM 
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One of many.

Many women experience a miscarriage or early pregnancy loss in the first twelve weeks of their pregnancy.



You have three options if you experience an early pregnancy loss in the first 12 weeks of pregnancy.

WHY?

About half of all early pregnancy losses are caused by chromosomal abnormalities in the foetus. The other half are caused by several different factors that cannot be controlled. In most cases, the cause is never found. Even after additional medical exams, the causes may remain unclear.

MISCARRIAGE IS NOT YOUR FAULT.

A miscarriage is a response of the body to a pregnancy, which is not developing properly for different reasons.

WHAT TO DO?

After healthcare professionals have confirmed that you are having a miscarriage, you may have some time to decide what to do.

Basically, you have three options:

- You can wait for your body to start passing the pregnancy tissue.
- If you do not want to wait, you can take prescription medicine.
- Or you can decide to have a dilation and curettage.

No matter what you decide, and even if this is hard to believe: Your body works and is healthy.

Get counselling and support from healthcare professionals.

HOW LONG FOR THE BLEEDING TO START?

If you decide to wait, it may take a few days for the bleeding to start. If you take prescription medicine, the bleeding will start within a few hours. You may also experience bleeding after a dilation and curettage.

WHAT DOES THE BLEEDING LOOK LIKE?

The bleeding can start as light bleeding (spotting) or can be as heavy as your regular period. Heavy bleeding can last up to a few hours. Light bleeding can occur over the course of one or two weeks.

Spotting and bleeding is usually pink or red in colour but it can also look brown. Ask a healthcare professional if you are unsure. Clots and pregnancy tissue can look black in colour. Bleeding can be painless or you may experience medium to strong period-like pain. You can take pain relief medication and should have plenty of sanitary pads at hand.

WILL I SEE AN EMBRYO?

Not always. The size differs depending on how many weeks pregnant you are and when exactly the embryo stopped growing. The embryo (also called "blastula" in medical terms) is usually between one and three centimetres long. If you wait or take prescription medicine, it can happen that the pregnancy sac (with or without the embryo) is passed out as a whole. If you wanted, you could choose to catch it or let it pass directly.

WHAT HAPPENS AFTERWARDS?

An early pregnancy loss is very upsetting for most women. Rituals that are right for you can help you heal. For example, you could register a name at the register office (Standesamt), if you want.

Medical tests are usually performed after three or more recurrent miscarriages. You are entitled to sick leave after an early pregnancy loss for mental or physical reasons.

You are protected from dismissal or termination of your employment for up to four weeks after the miscarriage.

Where can I get help and advice?

SELECTED ADDRESSES

- Women's Health Centre FEM at the Klinik Floridsdorf **fem.at**
- Women's Health Centre FEM Süd at the Klinik Favoriten **femsued.at**
- 12 weeks – midwifery care during early pregnancy loss **12wochen.at**
- Psychological counselling and psychotherapy, search query Schwangerschaft **psychologen.at**
psyonline.at
- Nanaya – Centre for pregnancy, birth and life with children **nanaya.at**
- Self help group Regenbogen for parents who miss their baby **shg regenbogen.at**
- Midwifery centre association of freelance midwives **hebammenzentrum.at**
- Association Pustebblume to support professional counselling and advice for miscarriage **verein pustebblume.at**
- Search query for all services for parents who experience pregnancy loss in Austria **mein sternkind.net**
- Aktion Leben Österreich **aktionleben.at**
- Vienna Chamber of Labour **arbeiterkammer.at/beratung/berufundfamilie/Mutterschutz/Kuendigungsschutz1.html**

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