

# Physical Recovery AFTER PREGNANCY LOSS

The below information does not take the place of medical assistance you receive from your doctor. If you are concerned, please reach out to your doctor for assistance. All emergencies should be reported to your doctor and/or by calling 911 or going to the nearest emergency room.

## How Long is Recovery?

- You may bleed and cramp up to 2 weeks. Reach out to your doctor if you are bleeding over 2 weeks, notice large blood clots, needing to change your pad 1-2 times per hour due to soaking of them, or if your pain is not managed.<sup>1</sup> Your doctor can assist you with questions or concerns regarding return of your menstrual period or when you would be ready for intercourse.
- For D&C/D&E procedures, you should use a pad, not tampons, at first for absorption of blood.<sup>1</sup>
- Your pregnancy symptoms will subside with time.<sup>1</sup>

## What To Do If You Are RH-

- If you are RH-, check with your doctor regarding the potential of needing a Rhogam shot.<sup>2</sup> If you do not know if you are RH-, please contact your doctor.

## When To Call Your Doctor

- You should be in contact with your doctor regarding any concerns you may have. All questions should be directed to your doctor. If you can't reach your doctor's office, please call 911 or go to the nearest emergency room for proper care.<sup>2</sup>
- You should keep an eye for the potential of infection. "Signs of infection can include a fever, vaginal discharge with a foul smell, severe pain, and redness around any incisions."<sup>2</sup> Also look for "unusual drowsiness."<sup>3</sup> Call your doctor for any signs/symptoms of infection. If you cannot get ahold of your doctor such as after hours or on the weekend, go to the nearest emergency room or call 911.<sup>2</sup>

## When To Call 911/Go To The Emergency Room

- Symptoms of an emergency: "Bleeding with pale, clammy skin, lightheadedness, or an increased heart rate. Fever over 100 degrees F. Heavy bleeding (soaking through two pads per hour for two hours or more). Severe or sudden pain."<sup>2</sup>



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## Sources

1. *Recovery After Miscarriage: What to Expect.* (2022, January 7). Healthgrades. <https://www.healthgrades.com/right-care/pregnancy/recovery-after-miscarriage-what-to-expect>
2. *What to Do If You're Having a Miscarriage.* (n.d.). Verywell Family. Retrieved September 23, 2022, from <https://www.verywellfamily.com/im-having-a-miscarriage-2759677>
3. *How Do You Physically Recover After a Miscarriage?* (n.d.). Verywell Family. <https://www.verywellfamily.com/physical-recovery-after-a-miscarriage-or-stillbirth-2371521>

## Disclaimer

*The resources we provide may have information that is against Catholic Church teachings. While we feel like they are beneficial resources to help you after pregnancy loss, some of the information that could be found does not represent our organizations beliefs, as our support is for Catholic Church Teachings.*

*If you have questions or concerns, please reach out to us at [hello@redbird.love](mailto:hello@redbird.love) for assistance regarding this.*