

Information for patients and carers

What happens after your Recurrent Miscarriage Clinic appointment?

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

What do I need to do next?

Your nurse or doctor will have given you specific advice. You will also receive this information in a letter from the clinic in the next few weeks. A copy will be sent to your GP.

Lifestyle advice

We know that there are some changes which can help reduce the risk of a future miscarriage, and also keep you healthier in a future pregnancy:

- Ensuring your body mass index (BMI) is within a normal range (19-25). The risk of miscarriage is increased, particularly if your BMI is above 30
- Stopping smoking
- Reducing your alcohol intake to within recommended maximum levels (14 units per week). The NHS advises against drinking alcohol during pregnancy
- Cutting down on caffeine – NHS guidelines recommend a maximum of 200mg a day when pregnant, which is about 2 cups of instant coffee
- Eating a healthy diet and leading an active lifestyle

Do I need any medication?

Your nurse or doctor will advise if you need to take any specific medication to reduce the risk of a further miscarriage.

The NHS advises supplements for all women who are trying to conceive:

- Folic acid, ideally for 3 months before conceiving

- 5mg if you take medications for epilepsy, or have diabetes, HIV, thalassaemia or sickle cell disease, or if there is a family history of neural tube defects e.g. spina bifida. This medication can be prescribed by your GP
- 400 micrograms for everyone else – this can be bought in supermarkets
- Vitamin D – all women are advised to take a minimum dose of 400 units daily

When will I be seen again?

If this is your second pregnancy loss and you have been seen by the nurse, you will be discharged after your follow up appointment once all blood tests have been completed.

If this is your third or more pregnancy loss and you have been seen by the consultant, we operate Patient Initiated Follow Up (PIFU). This means that if you have any further questions or concerns, you can contact us for up to 6 months after your appointment. You can do so by following the instructions in your clinic letter. If we do not hear from you within the 6 months, we will discharge you back to the care of your GP.

What do I do if I become pregnant again?

Most people will have a straightforward journey if they become pregnant again. We advise you to continue taking folic acid and vitamin D, and to complete your self-referral for antenatal care (details below).

If you have any problems such as pain or bleeding in pregnancy, please contact the Gynaecology & Early Pregnancy Assessment Unit on 01772 524415 to seek advice. In an emergency, ring 999 or attend the Emergency Department.

If you have nausea or vomiting, please contact your GP surgery first.

If you need any specific treatment in early pregnancy, your nurse or doctor will advise you of this in your Recurrent Miscarriage clinic appointment and tell you how to obtain it.

Remember, you have a 75% chance of a successful pregnancy in future with supportive care alone.

Can I have an early reassurance scan?

At the moment, we are only able to offer reassurance scans to patients who have experienced three or more losses, or who have had an ectopic pregnancy or molar pregnancy in the past. This is because we are limited in how many scan slots we can offer each week. We know that this will be disappointing to those people who are not eligible and we hope to expand the service in future.

Some people choose to have a private scan in early pregnancy. We do not recommend this, as we cannot be sure of the credentials of those performing private scans. Please also bear in mind that we usually cannot use the results of a private scan when assessing problems in early pregnancy.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Tommy's charity – Tests & Treatment after Miscarriage

<https://www.tommys.org/baby-loss-support/miscarriage-information-and-support/tests-and-treatments-after-miscarriage>

Tommy's Miscarriage Support Tool - <https://miscarriagetool.tommys.org/>

Self-referral for pregnancy care at Preston -

<https://www.lancsteachinghospitals.nhs.uk/pregnancy-self-referral>

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

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