



Early Miscarriage D & C

*What could I have done
differently?*

**YOUR MISCARRIAGE IS NOT YOUR FAULT. THERE IS
USUALLY NOTHING YOU COULD HAVE DONE
DIFFERENTLY TO SAVE YOUR BABY.**

What is a "D&C"

What to expect

DILATION AND CURETTAGE (D&C) IS A PROCEDURE TO REMOVE THE REMAINING TISSUES FROM YOUR BABY FROM INSIDE YOUR UTERUS.

- DILATION INVOLVES WIDENING THE OPENING OF THE LOWER PART OF THE UTERUS (THE CERVIX) TO ALLOW INSERTION OF AN INSTRUMENT. THE DOCTOR MAY INSERT A SLENDER ROD (LAMINARIA) INTO THE OPENING BEFOREHAND OR USE A MEDICATION BEFORE THE PROCEDURE TO SOFTEN THE CERVIX AND CAUSE IT TO WIDEN.
- CURETTAGE INVOLVES SCRAPING THE LINING AND REMOVING UTERINE CONTENTS WITH A LONG, SPOON-SHAPED INSTRUMENT (A CURETTE). THE DOCTOR MAY ALSO USE A CANNULA TO SUCTION ANY REMAINING CONTENTS FROM THE UTERUS. THIS CAN CAUSE SOME CRAMPING. A TISSUE SAMPLE THEN GOES TO A LAB FOR EXAMINATION.

THIS IS TYPICALLY DONE IN AN OUTPATIENT SETTING. IT CAN BE DONE UNDER ANESTHESIA, IN THE DOCTOR'S OFFICE OR WITH A SPINAL EPIDURAL.

DURING A D&C, YOU LIE ON YOUR BACK AND PLACE YOUR LEGS IN STIRRUPS LIKE DURING A PELVIC EXAM. THEN THE DOCTOR INSERTS A SPECULUM INTO THE VAGINA AND HOLDS THE CERVIX IN PLACE WITH A CLAMP. ALTHOUGH THE D&C INVOLVES NO STITCHES OR CUTS, THE DOCTOR CLEANSSES THE CERVIX WITH AN ANTISEPTIC SOLUTION.



What is an early miscarriage?

A PREGNANCY THAT IS IN THE FIRST THREE MONTHS IS CONSIDERED A EARLY MISCARRIAGE. EARLY MISCARRIAGE HAPPENS WHEN A BABY STOPS GROWING AND DIES IN THE WOMB.

Why does early miscarriage happen?

TYPICALLY THE BABY DID NOT FORM OR IMPLANT CORRECTLY.

UNFORTUNATELY 1 IN 5 PREGNANCIES END IN MISCARRIAGE. NOTHING CAN BE DONE TO PREVENT MISCARRIAGE FROM OCCURRING IF A PREGNANCY IS DEVELOPING ABNORMALLY

Life after miscarriage with D&C

LOSING YOUR BABY IS A DEEP PERSONAL EXPERIENCE. EVERYONE HANDLES THE LOSS DIFFERENTLY.

HERE ARE SOME IDEAS ON HOW TO HONOR AND REMEMBER YOUR BABY:

- GIVE BABY A NAME
- TAKE PICTURES OF MOM'S BELLY
- TAKE PICTURES WITH DAD HOLDING MOM'S BELLY. (INCLUDE SIBLING, GRANDPARENTS, ETC.)
- ULTRASOUND PICTURES
- HAVE BIRTHDAY CAKE AND SING
- "HAPPY BIRTHDAY"
- BRING FLOWERS OR ROSES
- ASK FOR A CERTIFICATE OF LIFE BY CONTACTING GRIEVING THE CHILD
- GET A BLANKET SPECIALLY FOR BABY
- GET A BELLY CAST CREATED

After care

HAVE SOMEONE STAY THE NIGHT WITH YOU.

FOLLOW UP WITH YOUR OB.

YOU WILL HAVE BLEEDING AND DISCHARGE (LOCHIA) FOR THE NEXT 1-3 WEEKS.

TALK TO SOMEONE ABOUT HOW YOU ARE FEELING. CONSIDER JOINING A SUPPORT GROUP.

IT IS IMPORTANT TO REMEMBER THAT A D&C OR A NATURAL MISCARRIAGE IS THE SAME AS GIVING BIRTH.

YOU HAVE JUST GIVEN BIRTH TO YOUR BABY AND SHOULD TAKE CARE OF YOUR BODY TO RECOVER FROM THE DELIVERY AND SURGICAL INTERVENTION, AS WELL AS YOUR EMOTIONAL WELLBEING.

BE MINDFUL OF THE SIGNS OF POSTPARTUM DEPRESSION (PPD).



Gestational Ages:

- 4 WEEKS- BABY IS CONSIDERED A “BLASTOCYST”; MICROSCOPIC.
- 5 WEEKS- THE EMBRYO LOOKS LIKE A TADPOLE, AND IT’S THE SIZE OF A SESAME SEED.
- 6 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A SWEET PEA. YOUR BABY HAS MICROSCOPIC ARM AND LEG BUDS.
- 7 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A BLUEBERRY. THE BABY’S NOSTRILS MAY BECOME VISIBLE AND EYES MAY BE VISIBLE AS DARK ROUND SPOTS.
- 8 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A KIDNEY BEAN, 1/2 INCH LONG. THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS.
- 9 WEEKS- YOUR BABY IS LIKELY ABOUT THE SIZE OF A GRAPE, ABOUT 3/4 INCH LONG. THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS.
- 10 WEEKS - YOUR BABY IS LIKELY TO BE ABOUT THE SIZE OF A STRAWBERRY, ABOUT AN INCH LONG. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS.
- 11 WEEKS- YOUR BABY IS LIKELY TO BE ABOUT THE SIZE OF A FIG, JUST OVER 1.5 INCHES LONG FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 12 WEEKS- YOUR BABY IS LIKELY JUST OVER 2 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 13 WEEKS- YOUR BABY IS LIKELY TO MEASURE ABOUT 3 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES.
- 14 WEEKS- YOUR BABY IS LIKELY TO MEASURE ABOUT 4 INCHES FROM HEAD TO BOTTOM. YOUR BABY MAY WEIGH ABOUT 2 OUNCES. YOUR BABY MAY RESEMBLE THE SHAPE OF A BABY, THE BABY’S NOSTRILS MAY BECOME VISIBLE, EYES MAY BE VISIBLE AS DARK ROUND SPOTS, YOU MAY BE ABLE TO DETECT ARMS & LEGS, MOUTH & EARS, FINGERS & TOES