



## After care instruction sheet Miscarriage

You just had a procedure to treat your miscarriage. It is common to have some cramping and bleeding after this procedure. Complications from the procedure are rare.

### What to expect:

- You may have bleeding like a period or more lightly for several days and have light bleeding for up to 2 weeks.
- You may have menstrual-type cramping. Ibuprofen may be helpful in reducing this cramping.
- You will most likely have a normal period in 3-4 weeks.

### Call us if:

- You have *excessive* bleeding: If you soak 2 pads an hour for 2 hours in a row, this is excessive and you should call us or come in to be seen.
- You develop a fever. If you feel fever and chills and/or if take your temperature and it is over 100.4, you should call us or come in to be seen.
- You have a bad-smelling discharge and/or sever abdominal pain, you should call or come in to be seen.

### Pregnancy:

- If you want to get pregnant again, we recommend you wait until the bleeding stops before you try to get pregnant again.
- If you do not want get pregnant again, we recommend you talk to your doctor today about starting a method of contraception. You can get pregnant again very soon after a miscarriage.

### How to contact us:

Monday through Friday, 8am – 5pm: You can call the UNM Center for Reproductive Health at 925-4455. You can follow-up at this clinic.

Nights and weekends: You can contact the on-call provider at **380-0227**. This is a digital pager. When you hear the beep, put in a phone number (with area code) where you can be reached, followed by the # sign. If you do not get a call back within 15 minutes, try again. Or you may also call **272-2111**. This is the University Hospital's main operator. Tell them you would like to speak to the **GYN Resident on-call**. The operator will connect your call.