

Miscarriage: Treatment Choices

Miscarriage can be a very hard thing to go through. **You did not make the miscarriage happen.** We are here for you if you need to talk. You have **3 treatment choices** for miscarriage: watch and wait, medicine or suction procedure. **All of these treatments are safe.** These treatments do not stop you from getting pregnant later on.

Treatment	What will happen?	Is it painful?	What else do I need to know?
Watch and Wait: You wait for all of the pregnancy tissue to pass at home.	When the pregnancy tissue passes, you will have bleeding and pain. The pain will feel like period cramps. The bleeding will probably be heavier than a period. The cramps will probably be stronger than your usual period cramps. This will last 2 to 6 hours. You may have lighter bleeding for 1 to 2 weeks.	You will have pain that feels like period cramps. Pain pills and a heating pad can help.	Watch and wait works sometimes. It depends on the type of miscarriage you have. Some women who do watch and wait will have to go back to the doctor for pills or a suction procedure.
Medicine (Pills): You put pills in your vagina at home.	You will put pills in your vagina. These pills help the pregnancy tissue pass. The pills may make you feel sick (nauseous). You will have bleeding and pain. The pain will feel like period cramps. The bleeding will probably be heavier than a period. The cramps will probably be stronger than your usual period cramps. This will last 2 to 6 hours. You may have lighter bleeding for 1 to 2 weeks.	You will have pain that feels like period cramps. You can take pain pills, like Advil or Tylenol, or use a heating pad.	Medicine works most of the time. It depends on the type of miscarriage you have. If the medicine does not work or takes too long, you can go back to your doctor for a suction procedure. Or you can try the pills again.
Suction Procedure: A doctor takes out the pregnancy tissue at the doctor's office.	The procedure happens in the doctor's office. It takes 5-10 minutes. A doctor gently uses tools to take out the pregnancy tissue. You will have light bleeding for 3 to 7 days. You may also have some pain that feels like period cramps.	You may have pain that feels like period cramps during the procedure. You can take pain pills, like Advil or Tylenol, before the procedure.	Suction procedure works almost all of the time. It depends on the type of miscarriage you have. If it does not work, you can have the procedure again.

Source: www.reproductiveaccess.org



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