

Counselling and Support For Pregnancy Loss

BC Bereavement Helpline

<https://bcbh.ca/>
Phone: 604-738-9950
Toll Free: 1-877-779-2223
Monday to Friday
9:00 a.m. to 5:00 p.m.



Crisis Line

1-800-784-2433

BC Association of Clinical Counsellors

<https://bcacc.ca/>



Counselling BC

<https://counsellingbc.com/>



Okanagan Pregnancy and Infant Loss Support (OPIL)

<https://opil.ca/>



Butterfly Run (Peer Support)

<https://www.butterflysupportnetwork.ca/>



Reproductive Mental Health Services at BCWH

<https://www.bcwomens.ca/our-services/mental-health-substance-use/reproductive-mental-health>



Helpful Websites for Pregnancy Loss

BCWH

Miscarriage

<https://www.bcwomens.ca/health-info/pregnancy-parenting/miscarriage>



Information provided in English,
Cantonese, French, Mandarin, Punjabi.

Baby Center

How to Cope with Pregnancy Loss

https://www.babycenter.com/pregnancy/your-life/coping-with-pregnancy-loss_4006



Podcasts

There are a variety of available podcasts
available on various platforms – enter the
words pregnancy loss or miscarriage.
The choice of a podcast is individual.

Call 8-1-1

Healthlink BC
www.healthlinkbc.ca

After the Loss of Your Pregnancy Patient Information



This pamphlet is intended for
individuals and their support people
who have lost a pregnancy
less than 20 weeks gestation.

Pregnancy Loss Less than 20 weeks Gestation

We are so sorry you are going through this. Losing a pregnancy can be very painful, both physically and emotionally.

Pregnancy loss less than 20 weeks gestation happens more often than many people realize. It occurs in about 15-25% of pregnancies.

Most pregnancy losses less than 20 weeks happen because of changes in the baby's genes (the body's instructions for growth and development). These changes happen by chance.

There is nothing you did to cause this, and nothing you could have done to prevent it.

At this time, there are no treatments that can reliably stop a pregnancy loss once it has started.

Pregnancy loss can happen in different ways and the treatment options depend on your situation:

- The pregnancy remains may pass naturally on its own.
- Medication may be used to help the pregnancy remain pass and/or
- A minor surgery is needed to remove the pregnancy remains.

In most cases, the process happens without problems. However, sometimes there can be complications. Your healthcare team will explain what to expect and will support you every step of the way.

You are not alone, and support is available.

What Can I Expect During and After a Pregnancy Loss?

Everyone's experience is different as the loss can occur in different ways. The information below can help you understand what is common.

Emotions: Pregnancy loss can bring many emotions. Your feelings matter. Healing can be easier when you acknowledge your loss and talk about it with others.

During a Pregnancy Loss

Bleeding: Bleeding is expected and can range from light to heavy. It may be heavier than your usual period, and you may pass clots.

Cramping and Discomfort or

Pain: Cramping is common and can feel like strong period pain. Cramping may increase as your body passes blood clots.

After the Pregnancy Loss

Bleeding: Bleeding usually becomes lighter after the pregnancy loss. It may last for 2 weeks or more and is often similar to or lighter than a period.

Cramping: Mild cramping may continue for several days. Some people have light cramping for up to 10 days.

Breast Changes: Your breasts may feel tender or swollen for a few days. You may notice a small amount of fluid leaking from your nipples. This is normal for some people as early as 12 weeks gestation and should settle on its own.

When to Seek Medical Help:

- Your temperature is over 37.8°C (over 100°F)
- You soak 2 large pads in 2-3 hours and/or passing clots larger than a golf ball
- You have bleeding or discharge that is foul smelling
- You feel dizzy, weak, unwell, or passing out
- You have abdominal pain, stronger than cramping

Periods and Fertility

When will my period return?

Most people get their next period about 4 to 6 weeks after a pregnancy loss.

Can I get pregnant again right away?

Yes. You can become pregnant again soon after a pregnancy loss. You can usually try again after you have had one normal period.

Talk with your doctor or healthcare practitioner about what is best for you.

If you plan to become pregnant, continue taking prenatal vitamins.

What if I do not want to become pregnant again?

Discuss your options to prevent a pregnancy with the healthcare team. There are a variety of options.

Follow-Up Care

In most cases, no further tests are needed after a pregnancy loss. Your healthcare team will let you know if any follow-up is required.

For emotional support, see the Coping with Pregnancy Loss booklet or the resources listed on the back of this pamphlet.