

The loss of a pregnancy can be very difficult; however, each woman must find her own way to cope. Some women may be able to move on quickly or even feel relieved, and others may feel a deep sense of loss and may take a long time to heal emotionally.

There is no right or wrong way to deal with a miscarriage and no guidelines to be followed. It is OK to feel just how you feel.

Miscarriage can be difficult because you never have a chance to meet your child. Some women grieve the loss of the baby's future or being a parent. Physical symptoms are a constant reminder of the loss...bleeding, cramping, feeling tired and emotional. The need for a D&E or further testing can also add to stress and sadness.

Friends and family can be helpful, but some may say things that you might find hurtful. They may expect you to feel a certain way. Try to surround yourself with people that seem to understand your feelings.

There may be some situations that may be difficult at first. One example may be a baby shower for a friend or family member. It is OK to wait until you feel more ready to deal with these events.

The feelings of dealing with a miscarriage can bring couples closer together or cause strain in relationships. Partners often deal differently with the sense of loss. Feelings that are different are not necessarily better or worse; they just are what they are. If you and your partner are feeling stress in your relationship, it may be helpful to talk with a counselor.

Try to be reassured that miscarriage is common and is not usually a sign that you cannot carry another pregnancy if you desire one in the future. Some health care professionals consider a miscarriage as an indication of future fertility. If you have had several losses, it is a good idea to talk to your provider.

Guilt is a common feeling after a loss. Many women desire to know why they miscarried. Usually the loss cannot be explained. Please do not take the blame. Miscarriage is not something you can prevent.

Suggestions to Cope with a Miscarriage:

- Talk to others that have had a miscarriage. This may be someone you know or a contact from an online support group.
- Plant a tree or a flower in honor of your baby's life.
- Buy an ornament for the baby for your Christmas tree.
- Place a suncatcher in your window (you may be the only one that knows that this is for your baby).
- Light a candle in remembrance of your baby.
- Write a poem or a letter.
- Attend A Walk to Remember.
- Some people refer to their baby with a name or a nickname.
- Make a painting or a drawing.
- Donate to a charity.
- Plan a getaway trip.
- Express your feelings in a journal.
- Go for a long walk or run.
- A special piece of jewelry may be comforting.
- Exercise and keep your body healthy.
- Protect yourself by staying away from potentially difficult situations until you are more ready.
- Get a tattoo.
- Stay busy.

All of these are suggestions, and you may not need to use any of them. Everyone has their own way of dealing with loss.

It is alright to move on when you feel ready.
It is OK to feel just how you feel. This is YOUR journey.

We are so sorry for your loss. Please call 724-537-1597 and ask for Elaine if you have any questions or concerns.

ExcelsaHealth
OB/GYN