



# CURETTE FOR MISCARRIAGE

## ADVICE FOR GOING HOME AFTER YOUR PROCEDURE

### Before leaving hospital

Before you leave hospital, make sure you have:

- » any medicines you brought to hospital
- » medicines or prescriptions from the doctor to help with your recovery
- » a letter to take to your local doctor (GP) if required.

### Other considerations

- » When receiving your discharge summary be aware that a medical definition for a miscarriage is 'missed abortion'.
- » It is important you see your GP or return for a clinic appointment for a check-up. If you are to return to the Women's information about your appointment will be posted to you.

### For the first 24 hours

- » Make sure you get adequate rest. No heavy lifting, housework, or cooking.
- » Gently ease back into normal activities.
- » Do not drive a car.
- » Do not drink alcohol.
- » Do not operate machinery or electrical appliances which can cause injury.
- » Do not sign any legal documents.
- » Please take care when walking and moving about as it is normal to feel light-headed after anaesthetic and pain medications.

### What to expect after you go home

- » It is usual to have pain and bleeding, recovery should take one to two days.
- » Vaginal bleeding may continue for five to ten days after the operation and should be like a light period or less. If bleeding continues or gets progressively heavier, you should see your local doctor or go to your closest hospital emergency department.
- » Use sanitary pads until the bleeding stops, do not use tampons.
- » Continue to take the medicines for pain prescribed or recommended by your doctor every four to six hours if needed.
- » Unless your doctor states otherwise, you may resume vaginal sex once the bleeding has stopped and you feel comfortable to do so.

### Be aware of signs of infections

Please see your local doctor or go to your closest hospital emergency department if you experience:

- » sudden hot flushes, high temperatures or sweating
- » sudden onset of pain
- » increased vaginal bleeding
- » offensive smelling vaginal discharge.

### Feelings and reactions after a miscarriage

There is no 'right' way to feel following a miscarriage. You may experience a range of physical or emotional reactions, or you may feel very little at all. Some degree of grief is very common, even if the pregnancy wasn't planned. Take it a day at a time and acknowledge your feelings as they arise.

Some women and their partners may continue to experience feelings of loss long after a miscarriage occurs. In particular it is common to feel upset around the date of the expected birth, or the anniversary of the miscarriage.

Most people find it helpful to talk about their feelings; this may be with your partner, other family members or close friends. Alternatively, you may choose to seek professional support. Please speak with your GP for advice. The following organisations also offer support and information.

**SANDS** (Miscarriage, Stillbirth and Newborn Death Support)  
Telephone 1300 072 637  
[www.sands.org.au](http://www.sands.org.au)

**Griefline**  
Telephone 1300 845 745  
[www.griefline.org.au](http://www.griefline.org.au)

**Australian Centre for Grief and Bereavement**  
Telephone 1800 642 066 or (03) 9265 2100  
[www.grief.org.au](http://www.grief.org.au)

### If you have any concerns

As a Day Surgery patient of the Women's, you will be offered a follow-up phone call on the day after your surgery to check on your progress.

If you experience complications or have any concerns after you leave hospital, please see your local doctor or go to your closest hospital emergency department.