

What to do if you think you are having a miscarriage

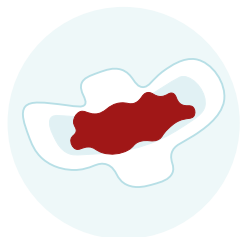


When should I go to the nearest emergency department or call 000?

If you are pregnant and bleeding from your vagina, go immediately to your nearest hospital emergency department if you have:



Strong abdominal pain



Heavy bleeding or passing clots



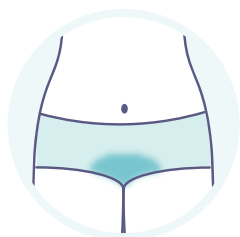
Fast heartbeat



Fever or chills



Feel faint or dizzy



Vaginal discharge with an unpleasant smell



Shoulder tip pain



Feeling short of breath

Everyone has the right to emergency healthcare. If you are concerned for your health, visit your nearest emergency department.



What happens if I miscarry at home?

If your bleeding is not heavy and you generally feel well, contact your doctor, midwife or obstetrician to find out what to do.

You may be able to manage your miscarriage at home and through community care.

Your healthcare provider may recommend attending an early pregnancy assessment centre or hospital, depending on your situation and the service available near you.



How do I care for myself at home?

- Get plenty of rest.
- You can take paracetamol for pain.
- Use a heat pack on your tummy.
- Use sanitary pads rather than tampons to avoid infection.
- Call someone to be with you for support.



If your symptoms get worse or you are concerned, go to your nearest hospital emergency department.



Where can I go for support?

Pink Elephants
pinkelephants.org.au

PANDA - 1300 726 306 (Mon to Sat)
panda.org.au

Red Nose Grief and Loss - 1300 308 307 (24/7)
rednosegriefandloss.org.au

Grief Australia
grief.org.au