Aurora Health Care® BAYCARE CLINIC

## For Your Well Being

www.AuroraBayCare.com

## Bleeding During Pregnancy (Threatened Miscarriage)

The exam and testing performed today showed no serious problem at this time.

Although vaginal bleeding during a pregnancy could be very serious, your doctor has determined that the cervix (opening through which the baby comes) is closed.

Spontaneous bleeding and/or cramping in early pregnancy is unpredictable and loss of the pregnancy could still happen.

## It is important that you follow the instructions given below:

- You will need bed rest for the next 48 hours. You may go to the bathroom as needed. If bleeding stops after that time, you may resume *limited* activities.
- Eat a light, well-balanced diet.
- Avoid straining with bowel movements.
- Avoid sexual intercourse until you have talked with your doctor.
- Avoid using any of the following:
  - Douches
  - Tampons
- Keep a record of the number of vaginal pads used each day and how much they are soaked.

## Call your doctor if:

- You have cramping or severe pain.
- Fever.
- Your bleeding becomes heavy (soaking more than 1 pad per hour for 3 hours).
- Parts of pregnancy are passed. This is seen as white pieces of tissue in blood clots. **Bring any tissue that you pass.**

Contact your doctor for follow-up care.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.