

## **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.