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Pregnancy Loss Research Group

## Recurrent Miscarriage – information and guidance

Hello, my name is XXXXXXXX XXXXXXXX, and I work as a XXXXXXXX in LOCATION.

Today, I want to talk to you about having a miscarriage – something which I know can be extremely upsetting.

And, if it happens more than once, it can be very difficult for both you and your partner.

Recurrent miscarriage is the loss of two or more pregnancies, in a row, before 12 weeks of pregnancy.

Recurrent miscarriage happens to approximately 1 out of every 100 women.

### Referral to a specialist clinic

You should be referred to a recurrent miscarriage clinic where you can receive specialist tests, support, and treatment.

A referral to a recurrent miscarriage clinic can be arranged by your family doctor (GP) or through the hospital.

If there is no recurrent miscarriage clinic in your area, your GP or hospital may refer you to a doctor or specialist midwife at your local maternity hospital or maternity unit.

A recurrent miscarriage clinic is run by specialist doctors and midwives who are very experienced in working with women who need this help.

They will take your medical history and talk about the details of your pregnancy loss.

Several investigations, such as blood tests or scans, may be suggested. Also they will speak with you about plans for further pregnancy.

### Investigations and treatment

Tests may begin after two consecutive miscarriages, based on individual history and risk factors.

Some tests are only carried out after a third miscarriage.

The decision-making process around tests should involve you and your doctor or midwife - all working together.

Please be aware in about half of all cases no specific cause or risk factors for miscarriage are found.

Treatment options will depend on your specific diagnosis. For conditions like antiphospholipid syndrome and thyroid disease, your doctor or midwife will prescribe medications for you.

If you, and your partner, have what's known as 'chromosomal rearrangements' your doctor or specialist may look at some other options for treatment.

In cases where the cause of the miscarriage cannot be found, medications like high-dose folic acid, aspirin, progesterone, or blood thinners may be considered.

You might have heard about other treatments but these may not be offered.

This is because there may be limited evidence that the proposed treatments can reduce the risk of future pregnancy loss.

And in some cases, these treatments might even be potentially harmful.

## Future pregnancies

Pregnancy after recurrent miscarriage can be a challenging time.

You will usually be booked into an antenatal clinic with a consultant for ongoing visits and checks. You should receive supportive care, timely pregnancy plans, and ultrasound examinations in early pregnancy.

The chance of having another miscarriage is reduced when women receive supportive care in a dedicated early pregnancy assessment unit.

## Partners

Miscarriage can be a very difficult experience for couples.

A partner's feelings can often be overlooked as people may often assume that a partner is less affected and needs to stay strong.

## Finally ...summary

Finding time and space together to talk about your experiences and feelings is very important.

Support and counselling services are available for both you and your partner.

Thank you so much for watching and here are some other sources of information and support which may be useful.

## Visit

Pregnancy and Infant Loss Ireland: [www.pregnancyandinfantloss.ie](http://www.pregnancyandinfantloss.ie)

Cork Miscarriage Website: [www.corkmiscarriage.com](http://www.corkmiscarriage.com)

Miscarriage Association of Ireland: [www.miscarriage.ie](http://www.miscarriage.ie)

Pregnancy Loss Research Group: [www.ucc.ie/pregnancyloss](http://www.ucc.ie/pregnancyloss)