If you have a pregnancy that has stopped growing or started to miscarry but the process has not completed, you may choose one of three ways to manage this.

1. You can wait for the tissue in your uterus to pass on its own
2. You can use a medication called misoprostol to start your uterus contracting so the pregnancy tissue will be expelled.
3. You can have a surgical procedure called a Dilation and Curettage (D&C) to remove the pregnancy tissue. This is an outpatient procedure that can be done with local or general anesthetic

If you choose to wait, you can expect cramps and bleeding similar to what is experienced during a heavy menstrual period. There may be clots or pale-colored solid tissue passed. This could begin at any time but it could be several weeks until your body recognizes that the pregnancy is not growing properly.

For the cramping pain you can use over the counter drugs. Many women manage with acetaminophen (Tylenol) or Ibuprofen (Advil) but do not be alarmed if you needed to use a stronger pain medication as this is normal for some women. You will require follow-up to confirm that you have passed all of the pregnancy tissue from your uterus. You can choose to change to one of the other treatment options at any time if waiting becomes too difficult.

If you choose the Misoprostil medication you will be instructed on how to use it properly. You can put the medication into your vagina at home or we can insert it at your clinic visit.

If you choose the surgical procedure (D&C) it will be fully explained to you and will be scheduled as soon as possible, however it will not be performed the day you are seen.

All the options detailed above have been shown to be safe and the chosen option is one of individual choice.

There are certain warning signs that you must be aware of regarding the need to contact your Doctor, Emergency Room or Urgent Care Centre for assessment.

- Vaginal bleeding soaking one pad in an hour for 2 hours, or soaking a pad in \( \frac{1}{2} \) hour for one hour. May be accompanied by clots the size of a walnut or larger.
- Excessive pain not relieved in 4 hours by Tylenol #3 (Acetaminophen with codeine) and rest.
- Fever (temperature over 38°C) that lasts for 4 or more hours after taking Tylenol.
- Discharge from your vagina that smells foul.
- Any other symptom you are concerned about.