

# What Are My Choices for Early Pregnancy Loss (Miscarriage) Treatment?

	Watch and Wait	Medication	Procedure
<b>How does it work?</b>	You wait for the pregnancy tissue to pass on its own. This happens with cramps and bleeding with clots.	Pills called mifepristone and misoprostol can be used together to help to make the pregnancy tissue pass. You can also use misoprostol pills alone. You use these pills at home.	A clinician removes the pregnancy tissue using a simple office suction procedure, called a manual vacuum aspiration (MVA). This can be done with local anesthesia or with sedation.
<b>What will happen?</b>	You wait for the cramps and bleeding to happen. This may occur any time. The bleeding and cramps may be much heavier than a period, with heavy bleeding for at least a few hours. Lighter bleeding often lasts 1 to 2 weeks. It may stop and start a few times.	If using, you first swallow a mifepristone pill, then 24 hours later, you place misoprostol pills in your vagina or between your cheeks and gums. Take pain pills one hour before the misoprostol pills to ease any cramping and bleeding. Misoprostol may cause nausea, diarrhea, and/or a low fever The bleeding and cramps may be much heavier than a period. This starts about 2 to 6 hours after taking the pills. Lighter bleeding often lasts 1 to 2 weeks and it may stop and start a few times.	The MVA can take place in the office. The clinician removes the pregnancy tissue using a hand-held device. You may have light bleeding and cramping for 3 to 7 days.
<b>How painful is it?</b>	You may have intense cramps. Pain pills and a heating pad can help relieve painful cramps.	You will have intense cramps. Pain pills and a heating pad can help reduce cramps.	You may have mild to strong cramps during the MVA.
<b>How well does it work?</b>	This works 70-80% of the time. It works better if you already have had some bleeding.	Pills work 75-90% of the time.*	The MVA works 98-100% of the time.
<b>How long does it take?</b>	This may take a few weeks.	Pills empty the uterus in 84% of patients within 2 days.*	The uterus is emptied during the MVA, which lasts about 5 to 10 minutes.
<b>What if it takes too long or doesn't work?</b>	If it takes too long, you can return to your clinician's office at any time for pills or a suction procedure.	If it does not work or takes too long, you can return to your clinician's office for a suction procedure or another dose of the pills.	In the rare case that it doesn't work, you can return for another MVA.
<b>Is it safe?</b>	<b>Yes.</b> All three treatment options are safe.		
<b>Can I still have children afterwards?</b>	<b>Yes.</b> These treatments don't prevent you from getting pregnant or staying pregnant in the future. Once the pregnancy loss is over you can start trying to get pregnant as soon as you feel ready.		
<b>What caused the early pregnancy loss?</b>	Please understand that nothing you did caused the pregnancy loss. 1 in 4 people experience an early pregnancy loss. We do not fully understand all of the reasons pregnancy losses occur. It is NOT caused by stress, sports, foods, or sex.		

\* Mifepristone is not always available. With mifepristone, the success rate is 84% overall by 2 days and 89% by 8 days. With misoprostol alone, the success rate is 67% overall by 2 days and 84% by 8 days.