



Sunrise Women's Healthcare

4540 East Baseline Road – Suite 114
Mesa, Arizona 85206

Bleeding in the First Trimester (Threatened Abortion/Miscarriage)

Normally 30% of women bleed in the first three months of pregnancy. Of these 50% will bleed and have a normal pregnancy and delivery.

Unfortunately, 15-20% of all pregnancies result in miscarriage. More of these miscarriages are due to some abnormality in the fetus or chromosomes.

In order to maximize every chance for the pregnancy, we recommend the following for bleeding in early stages:

1. Reduce activity
 - a. No working until bleeding has stopped for 24 hours
 - b. No exercising
 - c. Bed rest at home is preferred. (Light home duties are fine.)
 - d. No intercourse, tampons until instructed
2. As the bleeding decreases the blood will turn dark brown. This is a good sign.
3. If you begin bleeding heavier than a normal period with clots that are more than ½ inch in size, notify your doctor immediately.
4. If you feel faint, dizzy or have severe abdominal pain, notify your doctor
5. If you pass anything that looks like tissue, save it in a container and call your doctor.
6. An ultrasound and blood work may be ordered to detect an intact pregnancy vs miscarriage.