



Miscarriage UK

Because every
loss matters

Miscarriage support & information

However you're feeling,
you're not alone.



Pregnancy loss: miscarriage, ectopic and molar pregnancy

If you're reading this and have experienced or think you might be experiencing pregnancy loss, we're very sorry.



Miscarriage

Miscarriage is when a baby (or fetus or embryo) dies in the uterus (womb) during pregnancy before 24 weeks' gestation.

More than one in five pregnancies is thought to end in miscarriage. However early in pregnancy it happens, it can be a deeply distressing, painful and lonely experience and, for many, it is felt as a bereavement.

The main symptoms of miscarriage are pain and bleeding or spotting. But sometimes there are no obvious signs at all, and it is only discovered at a scan (a missed miscarriage).



Ectopic pregnancy

An ectopic pregnancy is one that develops in the wrong place, most often in one of the fallopian tubes. Around 1 in 80 pregnancies is ectopic and these pregnancies cannot survive.

In some cases, ectopic pregnancy can be life-threatening and emergency surgery might be needed. It can be a very frightening experience in addition to the loss of the pregnancy or baby.



Molar pregnancy



Around 1 in 600 pregnancies is a molar pregnancy. In a molar pregnancy, an abnormally fertilised egg implants in the uterus.

The cells that should become the placenta grow far too quickly and take over the space where the embryo would normally develop. Again, sadly, this pregnancy cannot survive and needs specialist treatment and follow-up care.

Physical & emotional impact

Miscarriage is a very individual experience both physically and emotionally. Typically, you might experience bleeding, cramping, tiredness, and changes in your hormones in the days or weeks afterwards. Some people recover quite quickly physically, while others find symptoms last longer.

The emotional experience can be similarly varied. Some people feel deep sadness or grief. Others describe shock, numbness, anger, or a mixture of emotions that shift over time. Sometimes there is also relief, perhaps if it was an unplanned pregnancy or there had uncertainty or a period of waiting to see if the pregnancy would continue.

There is no 'normal' response to miscarriage, and there is no right timeline for how you should feel afterwards.

For some people, the emotional impact is immediate. For others, it may surface later, once appointments have ended and life around them begins to move on.

Whenever you need us, we are here for you.



Support from Miscarriage UK

We provide free support and information to anyone affected by pregnancy loss (including partners, friends, or loved ones), and there are lots of ways to get in touch:



Telephone support

Speak to one of our trained support workers on 0303 003 6464 (9am-4pm, Mon, Tues, Thurs, 9am-8pm, Weds and Fri)



Live chat

Start a live chat via our website, www.miscarriageuk.org (9am-4pm, Mon, Tues, Thurs) (9am-8pm, Weds and Fri)



Email

Send us an email at info@miscarriageuk.org



Group support

Join one of our in-person or online support groups - you can find these over on our website, www.miscarriageuk.org



Website

Visit our website to find information and read stories from others going through similar experiences at www.miscarriageuk.org

