



Recurrent Miscarriage Clinic Patient Information



The loss of a pregnancy can be a very difficult and challenging time for any couple. Couples often experience a range of emotions after suffering a miscarriage such as sadness, hopelessness, fear and possibly even guilt or confusion.

For many couples, trying for another pregnancy after a miscarriage will be a worrying time and it is easy to feel alone and scared about another miscarriage.

Here at the BCRM recurrent miscarriage clinic, we want to help you to move forward with your plans to build a family feeling supported and with confidence that there is no clear cause for your pregnancy losses.

What to expect from you first appointment

You should have received a questionnaire to complete prior to coming for your first appointment. Please do complete this and bring it with you to your first appointment as it will allow us to go through your pregnancy and miscarriage history thoroughly, as well as allowing us to spend more time undertaking a detailed scan and talking about further tests and treatments before you embark on your next pregnancy

During your first appointment you will also have a detailed ultrasound scan, where we will carefully look at the shape of your womb, the lining where implantation takes place (endometrium) as well as assess your ovarian reserve (the supply of eggs for the future)

After a careful and thorough review of your medical and miscarriage history as well as performing an ultrasound scan, we will make suggestions and provide advice before your next pregnancy. This can include some or all of the following:

- Reassurance that no further tests or treatment are needed
- Supportive care which may be in the form of supplementary folic acid or progesterone for example
- Reassurance scans for your next pregnancy
- Further testing



Where relevant, it is always helpful for both you and your partner to attend the first appointment as miscarriage risk can be a result of both female and male factors. We may also suggest tests for both of you

Follow up appointments

Follow up appointments can be requested through the BCRM website or the bookings team. If further investigations and tests are suggested, the results of these will be discussed with you at a follow up appointment

You can also request a follow up appointment if you have sadly suffered another miscarriage, have any further questions or would like to consider further testing

What tests and treatments are available through the BCRM recurrent miscarriage clinic

We offer an extensive range of tests and treatments from basic investigations to highly advanced and specialist tests and therapies. A list of available tests and treatments are available on the BCRM website at <https://www.fertilitybristol.com>

However, depending on your individual circumstances and test results, we may be able to offer more advanced and bespoke test and treatment options. This can be discussed with you during your consultation

For more information please visit <https://www.fertilitybristol.com/recurrent-miscarriage/>



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