

If you are experiencing any of the following symptoms:

- Heavy bleeding from the vagina (soaking more than 1 pad per hour for 2 hours)
- Sudden severe abdominal pain
- Feeling faint or passing out
- Shoulder pain (if you have been told you may have an ectopic pregnancy, or pregnancy of unknown location)
- Fever greater than 38°C (100.4°F)

Go to Saskatoon City Hospital – Emergency Department (between the hours of 9am and 8pm) or the Jim Pattison Children’s Hospital Emergency Department after 8pm

Early Pregnancy Assessment Clinic (EPAC) is open Monday to Friday (not including statutory holidays) 8:00am to 4:00pm

EPAC is located in the Women’s Health Centre at the Saskatoon City Hospital.
Phone (306) 655-7637
Fax (306) 655-7451

Early Pregnancy Loss or Miscarriage

What is a miscarriage?

- A spontaneous (unexpected) loss of a pregnancy before 5 months (20 weeks) gestation
- It often occurs when the embryo or fetus isn’t developing normally
- Nearly 1 in 4 women will experience a miscarriage in her lifetime
- Most miscarriages occur in the first 12 weeks of pregnancy
- Bleeding in early pregnancy (between 6-12 weeks) does not always mean that a miscarriage will occur

What causes a miscarriage?

- Most miscarriages are caused by a genetic abnormality in the pregnancy
- The chance of a miscarriage can increase as a woman gets older
- Miscarriages are not caused by regular activities such as exercise, lifting, sex, travel, heavy work, or stress
- There are no activities or treatments such as bedrest that have been proven to prevent or reduce the chance of miscarriage.

What can cause bleeding in early pregnancy?

- Bleeding between the pregnancy sac and the uterus (subchorionic hematoma)
- Ectopic pregnancy (pregnancy outside of the uterus)
- Abnormalities of the vagina or cervix (opening of the uterus)
- Sometimes there is no explanation for the bleeding in early pregnancy

What tests will be done?

- A physical examination, ultrasound, bloodwork, urine samples and vaginal swabs may be done
- An ultrasound can provide information about your pregnancy. You may need to have more than one ultrasound and ongoing lab work

What will happen after my miscarriage?

- It is normal to have bleeding for up to 3 weeks after a miscarriage. If you are still bleeding after 3 weeks, please contact the Early Pregnancy Assessment Clinic (EPAC) nurse.
- It is normal to feel sad and upset about your miscarriage. It is important to care for yourself during this time. We are here to help if you need to talk to someone.